

April 19 - May 9, 2013

2013年4月19日 - 5月9日

Boston Marathon bombings cause 3 deaths and multiple casualties

BY LING-MEI WONG

April 15 was a beautiful Patriot's Day holiday in Boston, with perfect running conditions for the 117th Boston Marathon.

The day took a tragic turn when three victims died in the marathon bombings. The youngest was 8-year-old Martin Richard. Other victims were Lingzi Lu, 23, and Krystle Campbell, 29. Lu was an international student from Shenyang, China studying graduate mathematics and statistics at Boston University.

More than 170 people were injured by the two homemade bombs. Lu's friend Danling Zhou, another Chinese Boston University student, was in a coma, but woke up on April 16.

"Our hearts and thoughts go out to the family and friends of both victims," said Boston University President Robert Brown in a prepared statement on Facebook.

Two Chinese-American runners, Julia Kuo and Emily Weng, represented Boston Chinatown Neighborhood Center in the marathon. Neither crossed the finish line as they were turned away after the bombings, but both were safe. Kuo made it to the 25-mile mark, while Weng got to 21 miles.



Emily Weng, Boston College sophomore, ran in the marathon. Image courtesy of BCNC.

BCNC had a cheer squad of staff, youth and friends in Brookline that was unaffected by the blasts.

"Our hearts and minds are with the bomb victims and their families in this very sad time," said Elaine Ng, Executive Director of BCNC in a prepared statement.

Boston Athletic Association officials reported 85 Chinese runners from China, Hong Kong and Taiwan participated in the marathon. Two Taiwanese runners were briefly unaccounted for, but were later found. No casualties were reported.

More than 23,000 runners signed up, with at least 17,000 crossing the finishing line. An estimated 500,000 spectators watched the race.



Lingzi Lu, 23, was an international student from Shenyang, China studying at Boston University. She died on April 15 during the Boston Marathon bombings. (Image from Facebook.)

Unsung Chinese fighters of US Civil War served America bravely

BY LING-MEI WONG

The story of the Chinese serving in the American Civil War is rarely told. On the 150th anniversary of the Civil War, "Chinese Heroes of the American Civil War" recounted their bravery on April 11 at the Somerville Public Library.

Henry Jung is a former Marine who served in Vietnam War and was interested in other Chinese veterans. When he heard about the 50 known Chinese soldiers who fought in the Civil War, he was keen to learn more.

"During the U.S. Civil War, China was also in a civil war. The Taiping Rebellion was gigantic, as over 20 million people were killed from 1850 to 1864," Jung said. "Famine and the rebellion

were the impetus for the Chinese to emigrate."

Many of the Chinese who served enlisted with Western surnames. One such Chinese soldier was Edward Day Cohota, who took his name from the ship that brought him to Gloucester, Mass., when he was four. Cohota fought in the Civil War and the American-Indian Wars, then settled in Nebraska after 30 years of service. Despite his valor, he could not become an American citizen. While President Abraham Lincoln had promised citizenship for all Union soldiers who served, Lincoln was assassinated before the legislation went into effect.

"Cohota went before the courts and

Congress, but died a noncitizen," Jong said. It was not until 2008 that the House of Representatives posthumously granted citizenship to Cohota and another Chinese Union soldier Joseph Pierce.

Pierce was the highest-ranked Chinese-American to serve in the Civil War, reaching the rank of corporal. He fought in major battles such as Gettysburg and Antietam, then settled down in Connecticut after marrying into a prominent silversmith family.

"Pierce became an influential and upstanding citizen, where his connections in local politics let him skirt federal law," Jong said.

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醫療特刊 | MEDICAL ISSUE

華裔受到猶太老人宿舍熱烈歡迎

黃靈美報導



華裔長者在猶太社區老人房屋的健身房運動。圖片由黃靈美提供。

在某個陰天早上，一群華裔老人簇擁著一個穿著粉紅色的小孩在用廣東話和臺山話交流。其他老人也聚在一起討論他們的中國傳統舞蹈和音樂班。在另一邊，一些老人們正在自豪地展示他們中國水墨畫的駿馬圖和蝦。

然而，這些老人並不住在唐人街。他們住在猶太社區在布萊頓的老人宿舍（JCHE）裡。那裡900戶居民裡華人居民就占了300戶。JCHE並不是像中華頤養院一類的養老院，也不是提供生活輔助的據點，但是它為低收入的長者提供24小時的服務。只要最高年收入不超過\$40,000便可入住，但是這裡的多數住戶的年收入不達\$12,000。

JCHE的總裁兼首席執行官Amy Schectman表示，「我們提供一個包容的環境。我們的住戶平均年齡是80，但是三分之一都已經85歲了。」

陳太太在24年前從中國移民

過來到布萊頓居住已經14年了。她曾經住在一家加州靠近她女兒家的高級養老院，但是那裡太安靜。所以當他的兒子為她安排住進JCHE，她受到了熱烈的歡迎。

陳太太說到：「我們這裡有英語、烹飪以及藝術課程，這些活動都受到了老人們的高度支持。」

陳太太除了自己本身的普通話也學到了一些廣東話和俄羅斯話。她說：「我發現老人即使年紀大了仍然可以享受高質量的生活。」

陳禮最喜歡的活動是交際舞。他現在77歲，在他退休前他並沒有很多的時間發揮自己的愛好。他曾經有兩份工作。分別在華美福利會和新英格蘭醫學中心（現塔芙茨醫學中心）。他出生於中國廣東省，2歲時隨家到越南並在越戰之後移居美國。

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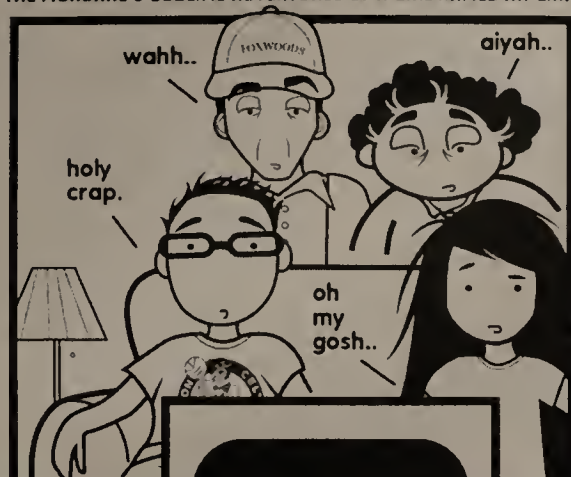
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April 30!

COMIC

EMPTY BAMBOO GIRL

THE MUNDANE & SUBLIME ADVENTURES OF A GIRL NAMED AH-LIN!



.....BY LILLIAN CHAN

Boston
Unite.

Thoughts and prayers
to the victims of the
marathon bombing.

4/15/2013

Event Calendar

Mandarin classes

Saturday, April 20

10 a.m. - 1 p.m.

Monday, April 22

6 p.m. - 9 p.m.

Boston Chinatown Neighborhood Center
885 Washington St Boston, MA 02111

Boston Chinatown Neighborhood Center will be starting two intensive beginner-level Mandarin classes later this April. These are two weekly classes on Mondays and Saturdays, each runs for five weeks. Classes are open for students of all levels.

For more information please contact Mofei Xu at (617) 635-5129 x 1030 or mofei.xu@bcnc.net.

Free legal clinic

Monday, April 22

6 - 8 p.m.

1509 Hancock Street Suite 209, Quincy, MA 02169

Quincy Asian Resources, Inc will host a free monthly legal clinic addressing individual concerns over immigration law, employment law, landlord/tenant law, family law, personal injury and criminal issues.

More information please contact (617) 472-2200 or visit www.quincyasianresources.org.

Wang YMCA Summer Camp Open House

Monday, April 22

6 - 7 p.m.

8 Oak Street West
Boston, MA 02116

The Y Golden Mountain Summer Program is for children and teens

ages 5 to 12 and includes fun activities focused on character building. The open house event gives families the opportunity to meet staff and ask questions about summer camp opportunities for kids this summer. Parents can also register for the summer program on-site. Summer program begins Monday, June 24 and registration is now open at the Y Welcome Center.

For more information please contact (617) 426-2237 or visit bostonycamps.org.

JP Concerts

Saturday, April 27

7 p.m.

St. John's Episcopal Church
1 Roanoke Avenue

Jamaica Plain, MA 02130

JP Concerts is presenting LFO-Love and Friendship Orchestra, in its second performance, featuring works by Barber, Berio, Rossini, Tchaikovsky and others. Tickets are \$10 at the door.

For more information and directions please see www.jpconcerts.org.

Newton Cantonese School Open House

Saturday, April 27

10 a.m. - 12 p.m.

Bigelow Middle School

42 Vernon Street, Newton, MA 02458

The Newton Cantonese School will have their annual Open House. All classrooms will be open for visitors. The school offers both conversational and literacy tracks

for learning Cantonese from preschool through 8th grade. Conversational Mandarin class starts at 5th grade. Cultural enrichment activities include martial arts, Chinese dance, Chinese cooking, badminton, arts and crafts, Chinese painting and table tennis.

For more information please contact Agnes Lee at (617) 930-3380 or see www.newtoncantonese-school.org.

Sing Messiah

Saturday, May 4

1 p.m.

St. Peter's Episcopal Church
838 Massachusetts Avenue, Cambridge, MA 02139

Sing Messiah! is the only uncut performance of the first half of Messiah in Boston scheduled for this spring. The audience is invited to sing the choruses along with the soloists. Loaner scores provided thanks to Masterworks Chorale. Tickets are \$10 at the door. The second half of Messiah will be performed with the same soloists on May 18, at St. Paul Catholic Church, 29 Mount Auburn Street, Cambridge, MA. This will also be a fundraiser for the One Fund to benefit victims of the Boston Marathon bombing.

To Pay Tribute to Our Parents

Saturday, May 4

6 p.m.

China Pearl Restaurant
9 Tyler Street, Boston, MA 02111

The Chinese Women's Association of New England is holding its annual event "To Pay Tribute to Our Parents. Guest ticket: \$35. One table: \$350.

For more information please contact Sau Ping Lee at (617) 232-8275 or Hui Fang Li at (617) 202-6811.

Somerville open studios

Saturday & Sunday, May 4-5

12 - 6 p.m.

Over 400 Somerville artists will open their doors and invite the public into their studios for one of the largest single-week-end open studio events in the nation. Information kiosks located in both Davis and Union Squares.

For more information please see www.somervilleopenstudios.org or contact Jesa Damora at (617) 759-4787.

CHSNE scholarship

The Chinese Historical Society of New England (CHSNE) and the Boston Harborside Home of J.S. Waterman & Sons-Waring-Langone Funeral Home announce their annual scholarship competition. Two scholarships will be awarded to high school seniors of Chinese ancestry. Each scholarship is \$500 per year. The deadline is May 31.

For more details please visit: <http://chsne.org/scholarships.htm>

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This is a lottery for the 7 affordable condominiums being built over the course of the project. These 7 units will be sold at affordable prices to households with incomes at or below 80% of the area median income.

The Maximum Income Limits for Households are as follows:

1 Person-\$45,100	2 Person-\$51,550	3 Person-\$58,000
4 Person-\$64,400	5 Person-\$69,600	6 Person-\$74,750

Households cannot have more than \$75,000 in assets.

For more information on the Development, the Units or the Lottery and Application Process, please visit: www.s-e-b.com/lottery or call 617.782.6900.

For more information on the development please visit www.ProvidenceRoadCommons.com

Applications and Information also available at Grafton Public Library (M-Th 10-9, Fri-Sat 10-5).

A Public Information Session will be held on May 8th at 6 pm on the 1st Floor of the Grafton Municipal Center (Conf. Room B) on 30 Providence Road.

Completed Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm June 13th, 2013. The Lottery will be held on June 26th (same location as the Info Session).



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Brain Building fair educates parents of preschool children

BY LING-MEI WONG



Lion dance at the Brain Building event on April 9. Image courtesy of Head Start.

The Brain Building in Action Community Fair took place April 9 at the ABCD Chinese Church Head Start at 112 Shawmut Avenue.

The event included breakfast, performances and dancing. Live demonstrations from community partners showed how to prepare healthy mango salsa and how to select educational toys for children.

"Language is the greatest brain building there is and this was a great event," said Julie Hirschler, senior research scientist, National Head Start for Cultural and Linguistic Responsiveness, and representative of the Education Development Center in Waltham. She was interested in how the ABCD Chinese Church Head Start taught language, as many families were Chinese and did not speak English at home.

Community organizations had booths at the fair to inform parents about their

services, such as Tufts Medical Center, Boston Children's Museum and YMCA.

"We're engaging parents to be the first teachers of their children, as one in four children under age six live in non-English speaking households," said Samuel Tsoi, program coordinator for the Office for Refugees and Immigrants. The organization has partnered with the Department of Early Education and Care to offer training to immigrant families with preschool-age children. The "New Start" training includes how children acquire languages, basics of immigration law and immigrant rights to education. The next event will take place May 17, with more information at www.newamerican-children.org.

For additional information about Brain Building in Action, please visit the website at www.brainbuildinginprogress.org, or contact (617) 624-8104 or info@brainbuildinginprogress.org.

CIVIL WAR: Chinese soldiers faced discrimination

CONTINUED FROM PAGE 1

Other influential Chinese soldiers included the brothers Christopher Wren Bunker and Stephen Decatur Bunker, descended from the first Siamese twins Chang and Eng Bunker. Their fathers were Chinese immigrants to Siam (now Thailand) who were connected by their sternum and livers.

They were brought to the United States as freak show exhibits and took their name "Bunker" after touring Bunker Hill. After they had amassed a fortune, they settled down in North Carolina with two white sisters and had 21 children between them. They owned

100 acres of land and more than 60 black slaves.

"The Bunker brothers were hardcore Confederates," Jong said. "While they were older at the time of the war, their sons were in great shape, so they enlisted in the cavalry with Robert E. Lee. Those guys were probably officers with education and wealth. They could buy horses and equipment, even though they were half-Chinese."

Both sons survived the war and went on to have families. Today, more than 1,500 descendants of the Bunkers reside in America.

Chinatown Coalition discusses Asian youth and free health services

BY LING-MEI WONG

The Chinatown Coalition discussed youth and free medical services on April 11 at the Boston Chinatown Neighborhood Center.

The Sharewood Project gave an update on its free medical clinic from 6:30 p.m. to 9 p.m. every Tuesday at the First Church of Malden. Founded by two Tufts Medical Students 16 years ago, it is affiliated with the medical center and Tufts University.

"We provide free health care to anyone who's interested," said Laura Glick, President of the Undergraduate Board for Tufts Medical Students. "No insurance or green cards are needed. We'll see anyone who walks through the door."

The clinic is a first stop for individuals, who are referred to a case worker for a primary care physician, food stamps or signing up for low-income insurance through MassHealth. More information is available at www.sharewood.info.

Youth summer opportunities

The coalition gathered youth service providers to discuss their offerings for summer and during the school year.

• Boston Chinatown Neighborhood Center Youth Center

Youth Center summer programs for sixth graders to eighth graders include the English Language Learners Summer Enrichment Academy from July 8 to August 9, with a bilingual Chinese program in the mornings from Monday to Friday. The Enrichment Program with activities and field trips is from 1 p.m. to 7 p.m. July 8 to August 23, for a \$75 fee. To register, please visit BCNC in June and July at 38 Ash Street.

• A-VOYCE

The Asian Voices of Organized Youth for Community Empowerment is Asian Community Development Corporation's

youth program to teach Asian identity and civic engagement to high school students. For more information, please email avoyce@asiancdc.org.

• Chinese Youth Initiative

The Chinese Youth Initiative is the Chinese Progressive Association's seven-week summer internship for high school students to learn advocacy and community outreach. Students can apply online at www.cpaboston.org/cyi.html by April 29.

• Hostelling International

Hostelling International provides a community room for nonprofit agencies. Youth can also participate in their cultural kitchen and design a community wall at the hostel with a mural representing their community.

• Harvard Phillip Brooks House Association

The Phillip Brooks House Association runs youth programs at the Chinese Consolidated Benevolent Association at 90 Tyler Street, including an after-school program and teen program.

• Project Destiny

Project Destiny is a summer camp for five weeks in July and after-school program from autumn to spring run by the Boston Christian Evangelical Church. For more information, please visit www.project-destiny.com.

• Wang YMCA of Chinatown

The Wang Y offers all-day activities for 5- to 12-year-olds with 10 summer program weekly sessions from June 24 to August 30. It also offers middle school and high school activities. Camps for children and families will also take place. To register online, visit www.ymcaboston.org/wang.

The passage of the 1882 Chinese Exclusion Act prevented other Chinese from becoming citizens. The Long Depression in 1873 lasted more than 15 years, resulting in great unemployment and turmoil.

During the turmoil, Congress enacted the Exclusion Act because the Chi-

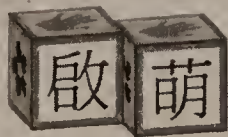
nese were viewed as cheap labor and a threat during mass unemployment.

"I call them 'Chinese heroes' not because of their moral position, but for their devotion to the cause, tenacity and leadership," Jong said. "Look at the racial barriers these men had to break in their communities."

Jong will give his presentation again at 7 p.m. on May 9 at the Quincy Crane Library and at the same time May 23 at the Malden Public Library.

For more information, please visit the Association to Commemorate the Chinese Serving in the American Civil War at <https://sites.google.com/site/acc-sacw/>.

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Chinatown residents share personal stories

BY KAWALA XIE



The Conversation Club met on April 13 at Oak Terrace. Image courtesy of Kawala Xie.

Chinatown residents gathered to share their experiences of coming to America on April 13, in the Oak Terrace reading room.

The Conversation Club is a community group formed by Harvard University student Lun Tian Yew and two high school students Sukey Lu and Yating Lu, who organized the event. The purpose of the meeting was to increase cross-cultural and intergenerational communication in the community. Nearly 20 residents whose first language was either Chinese or English attended.

"It's well planned and successful. We enjoyed the evening, hearing each other's stories with entertainment and food," said a woman from Hong Kong.

The organizers engaged residents by telling their own stories of overcoming language barrier as immigrants and teaching the residents the basic method of telling a good story. Yew, the head of the Conversation Club, described the typical structure of a narrative was challenge, decision and outcome.

Qindi Chen shared her story of experiencing discomfort when she moved to America from Guangdong about 20 years ago. "I had difficulties adapting to American food. When I asked for chicken, they gave me a burger; when I asked for fish, they gave me a burger again," she said. Because of language limitations, Chen was unable to order what she wanted at McDonald's. "Things are so different

here than in China. Chicken and fish are served on the plate in China but not put in the bread!"

The woman from Hong Kong won a \$10 gift card from the organizers by telling her story that followed the designated structure. The most difficult problem she faced after she came to America was the different method in raising children.

"The cultural barrier made me have different views of raising children with Americans," she said. I used to protest against the strict regulation by the Department of Social Services (now the Department of Children and Families), but I soon realized it's better to obey and follow the system."

Most residents said that despite their struggles in the beginning, America became their home over the years. "I don't even want to go back to China. I feel comfortable living in America, with language lessons, better air quality and welfare from the government," Chen said.

An English-speaking resident shared her thoughts at the end. "We should gather more often and talk to each other," she said. "Chinatown has grown. I have seen the improvement, and we did help bring Chinatown back and grow bigger."

The residents expressed their fondness for the event and wished to gather again. The Conversation Club will have its next workshop on a different topic at the same place on April 27.

Chinatown/South Cove Neighborhood Council focuses on community affairs

BY LING-MEI WONG

The Chinatown/South Cove Neighborhood Council held its monthly meeting at 90 Tyler Street on April 16.

Two agenda items were tabled: a MassDOT presentation on expanding South Station and a revision of the council's bylaws.

The Chau Chow City parking lot, near 85 Essex Street, will go before the Chinatown Safety Committee to renew its parking license on May 1.

Richard Chin, director of community development for the Wang YMCA, announced Healthy Kids Day will take place from noon to 3 p.m. on April 27 at the Y, 8 Oak Street West.

Chinatown Main Streets will participate in Mayor Thomas Menino's Boston Shines cleanup effort from

9 a.m. to noon April 27 at Sovereign Bank, 43 Kneeland Street.

Johnny SooHoo remembered as Chinese 'Frank Sinatra'

BY LING-MEI WONG

When Johnny SooHoo sang, you knew it was going to be a party to remember.

"He sang at all the banquets and at weddings," said Shirley Lee, SooHoo's sister. "Every August Moon and Chinese New Year, he'd be singing all the classics."

SooHoo passed away on Feb. 12, the day after his 83rd birthday. He is survived by his wife and five children. His late sister was Mary SooHoo; his surviving sisters are Lee and Lucy Moy.

"When he was young, he had a singing station at the old South Pacific restaurant in Malden," Lee said.

At the Fung Luen Association Chinese New Year banquet on March 9, the SooHoo and Sit families gathered. Boston City Councilor Bill Linehan performed Johnny SooHoo's signature song, "My Way."

"People were asking me why my



Johnny SooHoo singing in an undated photo. He passed away Feb. 12. (Image courtesy of YouTube.)

brother wasn't singing," Lee said. "Hearing that song again got me teary-eyed."

To hear SooHoo's voice, please visit "Johnny SooHoo, Rest in Peace Our Friend" at http://youtu.be/t2qDU_R0opk.

Harvard China Forum discusses international business and innovation

BY HAO LU

College students and entrepreneurs from the United States and China gathered in Boston for the 16th Harvard China Forum held on April 13 to 15 at Harvard University, discussing opportunities for China to change for the better in business, environment, culture and other fields.

With the theme of "Visions of the new decade," the 2013 Harvard China Forum focused on topics as business and innovation, culture and society, as well as economics and finance. Speakers from various industries were invited to join for a constructive dialogue on challenges, trends and issues affecting China in the next decade.

The grand opening began at 9:30 a.m. on Saturday in the Charles Hotel Ballroom. Meng Xiao-Li, dean of Graduate School of Arts and Sciences at Harvard University; Wang Shi, chairman of China Vanke; Roberta Lipson, founder and CEO of Chindex International, and Warren McFarlan, professor at Harvard University gave their speeches on the opening ceremony.

In his speech, Meng called for people's attention to developing better higher education opportunities in China. McFarlan also told his own story with education and showed his interest in sending more American students to China for both culture and talent exchanges.

"We need not only

beautiful minds, but also beautiful hearts," Meng said. "To be a strong nation, you need a strong leader to higher education that really cares about students."

Wang, who also attended the forum last year, gave a speech on entrepreneurship in China. Wang has been studying at Harvard University during the last two years. Before that, he was living in Shenzhen as the chairman and founder of China Vanke, the largest residential development company in China.

"I still have no confidence in speaking English loudly, and since it's called China Forum, let's just speak Chinese instead," he said and laughed.

Wang shared his life and thoughts as a 63-year-old international student at Harvard with the audience, suggesting that Chinese entrepreneurs learn the spirit and courage from western culture and apply them to business world.

The three-day forum had its closing ceremony on Sunday morning at Harvard Science Center.

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Boston Marathon in seconds turns to madness

SUBMITTED BY BILL LINEHAN, BOSTON CITY COUNCILLOR FOR DISTRICT 2

I was standing on the photo bridge overlooking the finish line of the Boston Marathon taking pictures with my cell phone. Having run the race five times it was such a treat to be above it all. As I descended the bridge stairs, heading to meet friends at Abe and Louie's, a powerful blast went off. At first I thought it was a dozen muskets of a Patriot reenactment, but the crowd noise did not subside, but began to grow and the high pitch of screams were apparent, and our beautiful Boston day turned bad, very bad. From my location, I heard a second blast, shaking everybody's psyche. Panic set in, as nonrunners began to run, push and shove. First responders were there en masse, and moved to those hurt, fleeing spectators started to crash the course behind the finish line, what seemed to be the beginning of a stampede, but fortunately race officials and Boston Athletic Association volunteers trained in crowd control steered the masses to the proper exits and calmed folks down. This horrific day, I am afraid, could have been even worse, if not for all who helped.

I, along with several of my colleagues, was asked to leave the area for our safety so as to let the first responders do their work. Within minutes, additional ambulances, police and firefighters were entering the Marathon venue on Boylston Street from Dartmouth, to treat the injured and lock down the area. The response was amazing both in speed and in abundance.

I want to recognize all the Police, Firefighters, EMS and BAA volunteers who heroically tended to the injured, secured the scene, and kept everyone calm to disperse the crowd without further injury, all while the threat of further explo-



Bill Linehan on April 5, 2007. (Image courtesy of Flickr.)

sions was still uncertain. In the face of uncertain danger, these professionals and volunteers reacted immediately. Their preparation and quick reactions saved lives that day. Many of the first responders on site at that moment were police, EMS, firefighters and race volunteers who are also our neighbors and friends.

My deepest sympathies go out to the family and friends of those who lost their lives. My prayers go out to all those injured in the blast, and I wish them a most speedy recovery. Today, sadness has set in now that we are dealing with the aftermath of such a terrible day in Boston's history. I forwarded my photos to the authorities and hope if you were there you will do the same.

Many of our neighbors and friends were in the spectator stands and along the route from the finish line back to areas close to the blasts and potentially could have seen something important or troublesome. If you have information or need some counseling or assistance please call my office, (617) 635-3203.

Breast cancer facts for Asian-American women

SUBMITTED BY THE ASIAN BREAST CANCER PROJECT

Cancer is the No. 1 cause of death among Asian-American women, with breast cancer as the most common.

- Cancer deaths are increasing faster among Asian Americans than any other U.S. ethnic or racial group.

- U.S. Asian rates of invasive breast cancer have increased approximately 1.2 percent every year between 1988 and 2005, and have yet to decline.

- Although breast mortality rates have declined among every other U.S. racial groups, they have increased among Asian women.

- Among Asian women, compared to others, breast cancer has been found to show a relatively younger median

age at diagnosis and early tumor onset.

- Breast cancer rates among U.S. Asian women are 60 percent higher than those found in their home countries.

- Asian American women have very low rates of breast cancer screening which increases their chances of later stage disease presentation. Multiple studies consistently show that Asian women older than 40 obtain regular mammograms at the lowest rate of any U.S. racial/ethnic group.

To find out more information, please call (617) 870-4056 or email abch2h@gmail.com or go to www.facebook.com/AsianBreastCancerProject.

Chinatown crime blotter

SUBMITTED BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from March 15 to April 11 for District A-1 or Chinatown.

To report a crime or suspicious activity, call 911. Interpreters are available for Chinese speakers.

Boston Police Department journal log

• Fire

March 31, 2:28 p.m.: The officers responded to Harrison Avenue on a report of a building fire. The officers met and spoke with the fire chief. He stated the wood boards on the roof caught fire and the roof sustained minor damages.

• Assault and battery

March 31, 3:53 p.m.: The officer responded to Harrison Avenue for an assault and battery in progress. Upon arrival the officers met and spoke with the victim. She stated the suspect reached inside of her motor vehicle and punched her in the face. The officers informed both parties to seek complaints in court.

• Warrant arrest

March 2, 9 a.m.: The suspect was arrested on Washington Street on a warrant issued out of Brookline District Court.

• Warrant arrest

March 2, 9:30 a.m.: The suspect was arrested on Essex Street on an outstanding warrant issued out of Boston Municipal Court.

• Larceny over \$200

April 2, 2 p.m.: The victim reports two Asian females approached her and informed her that her daughter was sick and needed money. The victim withdrew \$8,000 and gave it to the suspects.

• Larceny by scheme

April 4, 1 p.m.: The victim reports that while walking on Washington Street she was approached by two male suspects. One of the suspects gave her a cup of coffee. She reports she became dizzy and light-headed. The victim went home and filled a bag with \$9,000 worth of jewelry and gave it to the suspects.

• Drugs

April 5, 3:30 p.m.: The suspect was arrested on Washington Street on a drug offense. Members of the District A-1 Drug Control Unit observed him selling drugs to a white male.

• Trespassing

April 5, 3 p.m.: The suspect will be summonsed in for trespassing. He was observed by the officers in an area on Tamworth Street.

• Breaking and entering

April 6, 4:23 p.m.: The victim states an unknown person broke into his apartment on Washington Street.

• Fugitive from justice

April 6, 8 p.m.: The suspect was arrested on Boylston Street on a fugitive from justice warrant. He is wanted in California on an outstanding warrant.

• Drugs

April 8, 7:37 p.m.: The suspect was arrested on Essex Street by the District A-1 Drug Control Unit. They observed him selling drugs to two white males.

• Drugs

April 9, 12:46 a.m.: The officers responded to Essex Street on a report of a group causing a disturbance. Upon arrival the officers observed a group in the area. The officer discovered drugs on the suspect. He was placed under arrest and transported to the district for booking.

Incident search results

Date	Location	Incident description
March 15	Tremont Street	Motor vehicle accident - property damage

March 15	800 Washington Street	Larceny purse snatch including no force \$50 to \$199
March 15	95 Hudson Street	Vandalism - graffiti
March 15	660 Washington Street	Breaking & entering residence night - no force
March 16	Park Street	Robbery - unarmed - street
March 16	178 Kneeland Street	Assault & battery
March 16	Atlantic Avenue	Motor vehicle accident - personal injury
March 16	Hudson Street	Motor vehicle - leaving scene - property damage
March 17	230 Harrison Avenue	Sick/injured/medical - person
March 17	81 Essex Street	Investigate person
March 17	330 Tremont Street	Verbal dispute
March 17	62 Boylston Street	Larceny other \$200 & over
March 18	15 Kneeland Street	Vandalism
March 18	19 Stuart Street	Larceny other \$200 & over
March 18	230 Harrison Avenue	Investigate property
March 19	348 Tremont Street	Death investigation
March 20	348 Tremont Street	Sick/injured/medical - police
March 22	81 Harrison Avenue	Assault & battery
March 22	22 LaGrange Street	Sick/injured/medical - person
March 22	Hudson Street	Assault & battery dangerous weapon - other
March 23	Tremont Street	Assault & battery on police officer
March 23	Kneeland Street	Violation of auto laws - operating without license
March 23	249 Harrison Avenue	Vandalism
March 24	100 Kneeland Street	Motor vehicle - leaving scene - property damage
March 24	1 Kneeland Street	Breaking & entering non-residence day - no force
March 24	888 Washington Street	Larceny non-accessory from veh. \$50 to \$199
March 25	33 Harrison Avenue	Assault & battery dangerous weapon - other

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Neighborhood Health Plan

Chinese residents find warm welcome at Jewish Community Housing for the Elderly

BY LING-MEI WONG

On a grey morning, a group of Chinese seniors fussed over a pink-clad toddler, exclaiming in Cantonese and Toishanese. Other seniors strolled over and discussed their traditional Chinese dance and music classes. In another area, elders proudly displayed their Chinese ink-brush paintings of prancing horses and delicately veined shrimp.

Despite all the Chinese commotion, these seniors do not live in Chinatown. Instead, they reside at the Jewish Community Housing for the Elderly on 30 Wallingford Road in Brighton, where about 300 of the 900 residents are Chinese. JCHE is not a nursing home like South Cove Manor Nursing Home nor an assisted-living facility, but offers care and 24/7 management services for low-income seniors. The maximum annual income is \$40,000 to qualify for JCHE residence, but most residents' income falls under \$12,000.

"We offer an inclusive environment," said Amy Schectman, president and CEO of JCHE. "Our average age is 80, but a third of our residents are 85."

Mrs. Chen moved from China 24 years ago and has lived at the Brighton location for 14 years. She had lived in senior housing before in California near her daughter, but found it too peaceful



Residents in the Jewish Community Housing for the Elderly art room. Image by Ling-Mei Wong.

for her liking. When her son in Boston arranged for her to move east, she found JCHE a welcome change.

"We have English, cooking and art classes, which is very special here with supportive senior activities," Chen said, who has learned some Cantonese and Russian to complement her native Mandarin. "I see that people are older but still enjoy good quality of life."

Thanh Tran's favorite activity is ballroom dancing. Now 77, he did not have time to indulge his hobby before retirement, working two jobs at the Chinese American Civic Association (now the Asian American Civic Association) and the New England Medical Center (now

Tufts Medical Center.) Born in Guangdong, China, he moved to Vietnam when he was 2 and emigrated to the United States after the Vietnam War.

"I have six kids, who all went to college and are computer engineers," Tran said. "At this age, I want to enjoy myself."

Tran is the chairman of the Chinese Tenant Association, which holds bi-monthly meetings for the Chinese residents to share their thoughts with the housing staff.

Staying active keeps Chen happy. "I am not pessimistic because I am old and weak. Aging is still a good time, because I'm learning. It is a good combination of independence and assistance here."

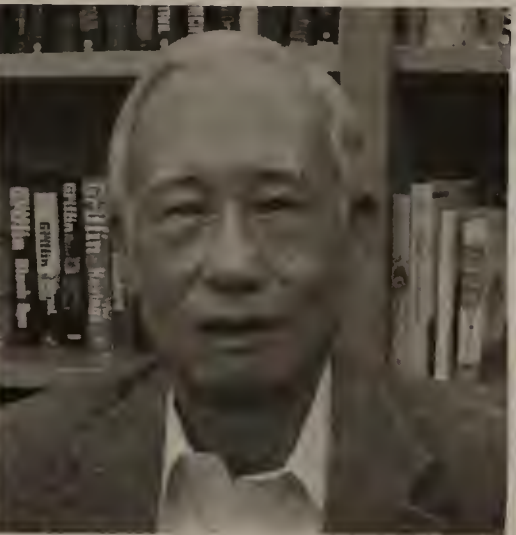
JCHE's three buildings in Brighton are connected, allowing tenants to stay indoors all-day if they want. A grocery store carries vegetables and fruit, while a salon provides haircuts and manicures. The resale market is a room chock-full

of used goods from residents, sold for 50 cents to a dollar.

"It's good for my children to know I'm safe," Chen said. "They say, 'Mom, you're so lucky!'"

Active seniors can park their cars in the lot and go to visit family or the doctor when they need to. Taxis and shuttle buses are available, along with the Chiswick T stop on the Green Line just steps away.

"I love this community, because it respects every culture," Chen said. "It's good to us Chinese. When we have house meetings, they take place in four languages: English, Russian, Cantonese and Mandarin."



Thanh Tran, a Chinese JCHE resident. Image by Ling-Mei Wong.

JCHE has three other locations, two in Newton and one in Framingham. For more information, please visit www.jche.org or call (617) 912-8480.

Diabetes in Asian Americans

SUBMITTED BY KA HEI KAREN LAU, REGISTERED DIETITIAN AND DIABETES EDUCATOR AT JOSLIN DIABETES CENTER, ASIAN AMERICAN DIABETES INITIATIVE

Diabetes is a condition when the body is unable to produce insulin, or unable to properly use and store glucose. Insulin is a hormone made by the pancreas and helps glucose get into cells to be turned into energy. Under normal conditions, the body turns the food you eat into glucose, and the glucose is then used as energy. In the case of diabetes, glucose builds up in the bloodstream — causing one's blood glucose or blood sugar to reach dangerously high levels.

There are two major types of diabetes — type 1 and type 2. Type 1 diabetes is a condition that the body stops producing insulin completely. In the case of type 2 diabetes, the body is either unable to produce insulin and/or not be able to use insulin properly. Up to 95 percent of the diabetes found in those of Asian American descent is type 2 diabetes.

Diabetes is a worldwide epidemic that affects more than 370 million people in 2012. Of the 370 million people, more than 50 percent of the diabetes cases amongst adults were from Southeast Asia and the Western Pacific. In a study conducted in New York City, Asian Americans have the highest prevalence of having diabetes or pre-diabetes. One in every two adults of Asian descent have diabetes or at risk of having diabetes.

The higher prevalence among Asian Americans is due to a combination of genetics and lifestyle influences. Genetically, Asian Americans are at a higher risk of developing type 2 diabetes at a lower body weight. With a small amount of weight gain, the risk increases sharply. In addition, the adoption of a more sedentary lifestyle, and the increase in consumption of Western food that is low in fiber, high in fat and calories, further contribute to the epidemic of type 2

diabetes in Asian Americans.

Asian Americans who are overweight, have a family history of diabetes, or have a personal history of pre-diabetes or gestational diabetes (diabetes occurring only during pregnancy) are at higher risk of developing type 2 diabetes. The development of type 2 diabetes can be prevented or delayed through making healthy food choices, staying active and losing weight.

Prolonged uncontrolled diabetes may lead to complications such as eye, heart, kidney and nerve diseases. Early diagnosis and treatment, and having good blood glucose control, are shown to reduce the risk of complications significantly. Eating healthily, exercising, taking medications if necessary and regularly monitoring blood glucose are important for preventing complications. Visit your health care providers at least twice a year and check your A1C (three-month blood glucose average) to see if your blood glucose is within target. The A1C goal for most people is less than 7 percent, but it will vary depending on your health condition. Discuss with your health care provider on your specific blood glucose goal.

Because of language barriers and a lack of culturally appropriate diabetes materials, some Asian Americans may find it more difficult to achieve good diabetes control. One should seek out health care providers who understand their cultural values and the unique cultural challenges one may face. Discuss your needs with them and develop an individualized treatment plan that is best for you. For more specific information regarding culturally tailored information regarding diabetes care and management, please call (617) 732-2606 or visit <http://aadi.joslin.org>.

MARSHFIELD HOUSING OPPORTUNITY
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The Marshfield Housing Partnership is accepting additional applications from qualified applicants for grants to assist them in purchasing an existing market rate home or condominium in Marshfield. A deed restriction will be recorded on each unit purchased with a grant to secure affordability in perpetuity.

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1 Bedroom	2 Bedroom	3, 4, and 5 Bedrooms
\$45,000	\$60,000	\$80,000

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Bedrooms	Sale Price	Maximum Grant	Net Price After Grant
1 BR Condo	\$189,000	\$45,000	\$144,000
1 BR House	\$223,000	\$45,000	\$178,000
2 BR Condo	\$222,000	\$60,000	\$162,000
2 BR House	\$260,000	\$60,000	\$200,000
3 BR Condo	\$266,000	\$80,000	\$186,000
3 BR House	\$302,000	\$80,000	\$222,000
4 BR House	\$320,000	\$80,000	\$240,000
5 BR House	\$338,000	\$80,000	\$258,000

MAXIMUM ANNUAL HOUSEHOLD INCOME

1 Person	2 Person	3 Person	4 Person	5 Person	6 Person	7 Person	8 Person	9 or more
\$47,150	\$53,900	\$60,650	\$67,350	\$72,750	\$78,150	\$83,550	\$89,950	Please call

Subject to periodic change by the U. S. Department of Housing and Urban Development
Net family assets may not exceed \$75,000.

Households interested in applying should attend one of the two informational sessions being provided. Informational sessions will be held at the following locations:

Thursday, May 30, 2013, 7:00 PM: Hearing Room # 2, Marshfield Town Hall, 870 Moraine Street, Marshfield
Saturday, June 1, 2013, 10:00 AM: Hearing Room # 2, Marshfield Town Hall, 870 Moraine Street, Marshfield

A lottery will be held on Thursday, June 27, 2013 at 7:00 PM at the Marshfield Town Hall, Hearing Room # 2, to select grant recipients. Successful grant recipients are required to have at least one family member attend and complete a Homebuyer Education Workshop.

For additional information or to receive an application please contact either the Marshfield Housing Authority (781-834-4333) or the Marshfield Housing Coordinator: (781-834-1051). Applications are also available at the Marshfield Town Hall.

All applications must be received and date stamped by the Marshfield Housing Authority no later than 12:00 PM (Noon) on Friday, June 14, 2013.

Marshfield Housing Authority
12 Tea Rock Gardens
Marshfield, MA 02050

MHOPP Funding was made possible by the Town's adoption of the Community Preservation Act



American Chinese Medical Exchange Society focuses on holistic treatment

SUBMITTED BY ACMES

The American Chinese Medical Exchange Society spring conference took place on April 7 at Harvard Medical School's Dana Farber Cancer research center's auditorium. Eight expert speakers presented to more than 100 local doctors and medical researchers.

Peter Kang, associate professor at Harvard Medical School and cardiovascular director at Beth Israel Deaconess Medical Center, discussed existing and emerging treatment of cardiovascular disease. Kang showed the life expectancy for Chinese people went from 33 years in 1960 to 72 in 2000, or an increase of 39 years. For the United States, life expectancy went from 68 years in 1960 to 76 in 2000. Cardiovascular disease is the No. 1 killer of Americans, but the third cause of death among the Chinese.

Margo Hudson of Brigham and Women's Hospital discussed type two diabetes and insulin therapy, and when to start and how to continue and when the end of insulin therapy. Another former colleague of Hudson was Jiang Keyi, who is now a pediatrician at Harvard Vanguard physician, MD.

The management and treatment of chronic pain was presented by Edison Wong, director of medical education at HealthAlliance Hospital. Wong explained that in order to manage risk, it is necessary to correctly assess the level of risk. After explain the different levels of risk, he gave three case studies for the



Image courtesy of The American Chinese Medical Exchange Society.

audience to "diagnose," prompting good audience interaction.

Treatment of severe sepsis and septic shock was presented by Liu Peichang, intensive care physician at Beth Israel Deaconess Medical Center.

Next-generation gene sequencing was discussed by Wu Bolin, assistant professor at Harvard Medical School and genetic laboratory director at Boston Children's Hospital. He predicted that by 2050, the scientific community will be able to see a personalized genome map.

Chinese medicine was part of the conference. Hu Kaiwen, Beijing University of Chinese Medicine's oncology department looked at cancer treatment from a traditional Chinese point of view. Western medicine is more aggressive with surgery to dig out tumors, along with the patient's surrounding tissue, making it unsuited for older and weak

patients. Chinese medicine pays attention to "palliative" treatment. The difference is operating on the core of a tumor but leaving small isolated tumors alone for observation. Typically, once the worst of the tumor is removed, the body heals other smaller areas, Hu said. He also discussed newer surgical techniques that were minimally invasive. His comprehensive therapy proved successful for patients, who had less pain, faster healing and prolonged life. Audience members had a lively discussion and questions about Hu's research.

Liu Yuanli of the Harvard School of Public Health and China program director discussed Chinese medical professionalism. In a survey of Chinese hospital presidents, 42 percent felt that the level of knowledge for medical students was dropping. The survey also found that the 70 percent of perceived worse clinical

skills among medical school graduates and 54 percent saw worsening work attitudes. From their perspective, only 40 percent put their patients first; 60 percent felt Chinese doctors made money and prestige their priority. This has increased tension and mistrust between doctors and patients. In addition, 72 percent of the presidents do not want their children to study medicine. Liu believes health care reform is in order.

The conference started and ended with liver disease presentations. Raymond Chung, liver transplant director and deputy director of gastroenterology at Massachusetts General Hospital, discussed the latest developments in hepatic encephalopathy. Hepatic encephalopathy is one of the major complications of cirrhosis, with the lowest survival rate for liver disease patients.

The final lecture focused on hepatitis C, presented by Liu Danyang, Harvard Medical School associate professor and Cancer Center director for Beth Israel Deaconess Medical Center. Participants were able to earn continuing education credits from Liu's lecture. Different types of hepatitis affect certain groups differently. Hepatitis B is prevalent among Asians, while hepatitis C is more common about Hispanics and Caucasians. Liu talked about anti-hepatitis C virus and how to treat patients long term.

For more information, please visit www.acmes.net.

How to combat smoking withdrawal

BY PHOENIX TSO

Americans have known that smoking causes lung cancer since the 1950s. In addition, studies link smoking to the onset of heart disease, emphysema, chronic bronchitis and other deadly ailments.

However, more than half a century later, it is still hard to give up this habit. According to the American Cancer Society, nicotine — the drug found in tobacco, which make up cigarettes — is more addictive than heroin or cocaine. When people become addicted to smoking, they form the habit in both a physical and mental sense. Along with affecting one's mood, quitting smoking means the daunting prospect of breaking a strong mental habit. In a physical sense, quitting or cutting back could lead to painful withdrawal, a prospect that scares many smokers who want to quit.

Withdrawal symptoms that occur include dizziness for one or two days after quitting, depression, moodiness, having trouble falling or staying asleep, nightmares, trouble concentrating, headaches, weight gain, constipation or gas, tiredness, increased appetite, cough, dry mouth, sore throat, nasal drip, chest tightness, and a slower heart rate.

Yet it is possible to ease these side effects when quitting smoking. The National Institutes of Health has several recommendations for managing and minimizing these side effects. For example, for weight gain, tips include seeing a doctor and getting a prescription for a propanolol, a weight control medicine. Nicotine gum and lozenges help too. The National Institutes of Health also recommends former smokers to exercise and make healthy food choices to prevent weight gain.



Image courtesy of Flickr user Dale M Moore.

After dealing with withdrawal, an ex-smoker has to make sure that the breaking of his or her habit sticks. For this, the NIH recommends hanging out less around smokers and removing enabling people or situations. Former smokers can remove objects such as ash trays from their cars, or drink caffeine.

It's important for Asian Americans to be aware of withdrawal symptoms and how to prevent them. While Asian Americans have the lowest rates of smoking in the United States, smoking is still a significant problem, depending on their demographic.

The Centers for Disease Control found: "Research shows an association between cigarette smoking and acculturation among Asian American and Pacific Islander adults from Southeast Asia. Those who had a higher English-language proficiency and those living in the United States longer were less likely to be smokers."

For advice on dealing with specific withdrawal symptoms, please visit: www.cancer.gov/cancertopics/factsheet/Tobacco/symptoms-triggers-quitting.

Energy drinks: Can of rush or chemicals?

SUBMITTED BY MACY KWAN

Do you ever feel so tired that you're in a need of desperate energy? Have you ever grabbed an energy drink or energy bar, hoping to regain energy until the day ends? Do you ever feel energized after gulping down an energy drink? If you answered yes to the above questions, there are some risks you may not be aware of.

To put it in perspective, let's define energy. "Energy is the strength that lets the mind and body come to life again when things get dull," said Helen, 14, student at North Quincy High School. "I've seen people drinking Red Bull and other energy drinks. They tried to offer me one, but I'll always refuse because of how bad it is for your nervous system."

A specific energy drink called Sobe Adrenaline Rush has been discontinued already, due to health issues. Sobe is a brand of teas, fruit-juice smoothies and enhanced water beverages, used to provide quick energy. Ingredients include sugar, caffeine and a number of chemicals, such as inositol, pyridoxine hydrochloride and monopotassium phosphate.

Are you actually getting energy from the drink or are you getting chemicals? The answer is both yes and no. You are receiving energy from the ingredients, but you are not receiving energy from the chemicals. Energy drinks typically don't have sugar, to keep calorie counts down. So to replace the sugar, chemicals are added to cause a reaction in the nervous system. It's not the drink itself that you're getting energy from, but rather the chemicals. They cause the brain to signal the nervous system to react faster.

"Your body system is extremely complicated. Drinking energy drinks

and obtaining drugs is basically a similar story, but one is just more effective than another, or in another words, one is just a stronger killer than another," said Eric Langenthal, health instructor at Braintree High School. "Obtaining too much of anything can never be a good sign."

"Going back to drugs, obtaining chemicals into your body can result in damage to your brain and heart," Langenthal said. "The same thing goes for energy drinks. You may not see a result right away, but someday as you grow older, you will see a huge effect on your body."

Possible consequences for drinking energy drinks include increased risk for stroke, heart attack and addiction.

Whether or not you are an athlete, intake of these chemicals can harm your body, causing the heart to pump faster when the chemicals are released into the blood stream. When athletes are in good shape, they build up a good source for the body to obtain the proper nutrients.

"I now see why so many people drink these energy drinks; it's not that much of an addiction — although everything can lead to addiction — but it's mostly the result of being lazy and wanting a quick fix right away, not knowing that they are actually harming themselves," said Jamie, 24, a college student in Pennsylvania.

Ultimately, the decision to consume energy drinks is personal. However, keep in mind that energy drinks do not energize with sugar but with chemicals that affect the nervous system. Remember that over-indulging on any drink will impact your health eventually.

Healthy home cooking ideas: How to make tasty Chinese eggplant

BY ZHANGLIN KONG, REGISTERED DIETITIAN AT GREATER BOSTON CHINESE GOLDEN AGE CENTER

Good food is one of life’s great joys, as is cooking at home. In general, home cooking is much healthier than eating out. Cooking balanced nutritious meals at home just needs some planning ahead. This means buying the right ingredients during grocery shopping and cooking them properly.

There are countless food products on the market, claiming to be “heart healthy,” “low fat” and “cholesterol free.” Although the Food and Drug Administration has proven some health claims based on significant scientific agreement, not all claims are FDA approved. Some claims can also be misleading. For example, if you buy a low-fat cheese containing 25 percent less fat than comparable products, but eat twice as much, you will end up with more calories.

Whatever it says on the front of the package, reading the Nutrition Facts label is always a smart move. Follow the description below to understand a label. Generally speaking, as long as you control the portion size, any food can fit into a healthy diet. Pay attention to the serving size and how many servings there are, then you can calculate the total amount of all nutrients in one package based on that.

There are several substitutions which are particularly useful in Chinese food cooking. The first one is using an oil spray for stir-fry dishes. For most non-stick pans, a thin layer of cooking oil



Image courtesy of Flickr user NellieMcS.

from oil spray and frequent stirring is more than enough to make beautiful stir-fry. If the food gets dry, add small amount of water instead of adding more oil. The following is a recipe for a healthy version of braised eggplant. You can see

how oil spray is used to substitute large amounts of cooking oil.

Ingredients

- 1 large eggplant, segmented
- 1 medium onion

- 1 tablespoon soy sauce
- A handful black pepper
- 1 tablespoon minced garlic
- 1 teaspoon cumin
- A can of oil spray
- 4 ounces water

Instructions

1. Coat a large frying pan with a thin layer of sprayed oil, at medium heat.
2. Add the minced garlic, onion, cumin and black pepper. Stir well to coat evenly. Cook until the onions have softened (approximately 4 to 5 minutes).
3. Add the eggplant segments and about 2 ounces of water. Heat over medium-low heat with the pan covered, until the eggplant is tender. If the pan gets dry as water evaporates, gradually add more water.
4. Uncover and gently stir, add soy sauce and simmer to desired consistency.

The finished eggplant can be served with brown rice, pasta or other starchy dishes.

Tufts Medical Center

Five foods to avoid taking with traditional Chinese medicine

SUBMITTED BY ALEX YU AND CONNIE KONG

After visiting a traditional Chinese medical practitioner, patients are frequently told to avoid eating certain foods with their herbal remedies. This is because daily dietary habits have a major impact on the efficacy of the Chinese medicine. Below are five foods to avoid taking with different types of Chinese medicine, which could greatly reduce the healing effect.

1. Milk

Please note that milk should never be consumed when taking warm yang treatments. It is traditionally considered an excellent beverage for nourishment.



Image courtesy of Flickr user NickPliggott.

Cow’s milk is neutral and sweet, helping to nourish weakness and aids digestion. Individuals with poor digestion and diarrhea should not drink milk. Milk is also not suited for people with flu and phlegm in their throats. Thus, if you take warming yang treatments that drive out dampness, such as kidney qi pills, strengthening soups or aconite pills, do not drink milk. The warming yang effect of these treatments will drop precipitously if one consumes milk with them.

2. Chili peppers

Chili peppers are an excellent and popular addition to dishes in damp or cold climates. Chili peppers are hot in nature and spicy in flavor. They warm and strengthen the stomach, while getting rid of coldness and internal dampness. However, excessive chili pepper consumption can lead to dizziness, flare-ups of hemorrhoids, toothache and sore throat.



Image courtesy of Flickr user blentley.

Therefore, if you are taking bitter herbs for cooling purposes, such as daoyi powder, blemish fading soup and “silver” qiao powder, do not have chili pepper. The peppers will cancel out the cooling effect of the treatment.

3. Turnips

Turnips factor prominently in many dishes. They are bitter in nature and cool in flavor, helping to decrease heat. Turnips cool or clot blood, aiding bowel movements and urination. They reduce hot qi energy and gets rid of phlegm. Turnip’s properties promote digestion and eliminate excessive heat. If you are taking any treatments to strengthen your qi, such as “four gentlemen” soup of

ginseng, atractylodes, poria and licorice; ginseng yang-rong pills; or “circulation”



Image courtesy of Flickr user h-bomb.

sheng mai drink made from ginseng, ophiopogon and schisandra, do not eat turnips at the same time.

4. Sticky rice

Glutinous or sticky rice is a type of starch used in many Chinese dishes. Sticky rice is neutral in nature and sweet in flavor. It warms the spleen and stomach, nourishes the qi and reduces urine. The rice warms the body, increasing temperature and firming stool. If the sticky rice is made into rice cakes, it is difficult to digest and not recommended for the ill. When taking supplements to nourish and moisten the spleen, do not eat sticky rice with them. The sticky rice will block the supplements from improving spleen functions.

5. Bamboo shoots

Bamboo shoots are clean and sweet in taste, a favorite for many chefs. However, they have some side effects that may affect some people. Bamboo shoots are cold in nature and sweet in flavor, with the benefits of clearing phlegm, reduc-

ing bloating gas and easing rash. They also smooth the intestines, get rid of toxins and improve wakefulness. Some traditional Chinese medical texts found bamboo shoot could prevent smallpox in children. Therefore, if you are taking Chinese medicine to get rid of dampness, such as da qin soup, keung huo sheng si soup and liver-clarifying soup, remove all bamboo shoots from your diet. If not, the bamboo will increase the dampness in your joints and cause great discomfort.



Image courtesy of Flickr user beautifulcataya.

As Chinese medicine come from natural sources, food and Chinese have different properties. Thus, it is important to watch what you eat when taking Chinese medicine, to achieve the maximum benefit and prevent any side effects.

Alex Yu is a registered Chinese medicine practitioner in Hong Kong and a doctoral candidate of the Guangzhou University of Chinese Medicine. He holds a master’s and bachelor’s degree in Chinese medicine and science from Hong Kong Baptist University. Connie Kong is an herbalist with a bachelor’s of pharmacy in Chinese Medicine from Hong Kong Baptist University.

Boston Restaurant Week showcases fine dining for less

BY LING-MEI WONG

Boston Restaurant Week is two delicious weeks in March, when the finest restaurants in the area serve a prix fixe menu with an appetizer, entrée and dessert for \$20.13 at lunch and \$38.13 for dinner. It's a great opportunity to sample the best of Boston for significantly less.

The Sampan had the opportunity to visit Blue Ginger, Dalya's Restaurant and Grill 23 & Bar. All meals were paid for.

Blue Ginger

Blue Ginger combines the best of the East and West, making it well worth the drive to Wellesley. It was the top meal from Restaurant Week, with delicious food and a lively space that never got too loud for conversation. I worried that "fusion" cuisine was neither Asian, Western or appetizing, but was happily proved wrong.



Atlantic salmon. (All images by Ling-Mei Wong.)

Our favorite appetizer was the Prince Edward Island mussels with shishito peppers and yuzu-dashi broth, combining succulent Canadian mussels with

Asian flavors.

The entrées successfully mingled different cuisines. The pan-seared Atlantic salmon was a generous helping, offset by green curry sauce and sweet mango-coconut rice. Steak got a Korean twist, served with kimchi slaw and jap chae for a satisfying mix of hearty and spicy.

Bittersweet chocolate pudding cake with matcha anglaise and salted shortbread ended the night. The petite pudding cake was intensely rich and warm, making it just the right size after a satisfying meal.

Dalya's Restaurant

Dalya's Restaurant in Bedford has plenty of parking, making it ideal for large groups. Our party of nine was underwhelmed by the appetizers and entrees, but the desserts redeemed the meal.



Coupe "Lydia."

The shucked escargots and portabella mushrooms were just warm, and did not absorb the rich garlic butter sauce.

The seafood risotto combined shrimp,

scallops and lobster on a creamy succotash risotto. However, the seafood tasted overdone and slightly rubbery. The roast chicken was dry, as was the pork chop and duck breast. Fortunately, the steak and ribs were juicy.

Dalya's Restaurant is next to Bedford Farms ice cream, which features prominently in the desserts. The Coupe "Lydia" includes coffee ice cream, coffee sauce, chocolate and whipped cream for a decadent ice cream sundae.

Grill 23 & Bar

This Boston steakhouse is an institution in the trendy Back Bay. While the food and service was amazing, the crowded first floor requires diners to shout. The restaurant was packed on a snowy Thursday night, so reservations are a must.

We started off with the miso braised pork belly and the pea soup with basil and mint. Both were beautifully plated and offered generous portions. The pea soup includes house-cured salmon, which is delicately smoky paired with the creamy soup.

For steak, we went with the beef brisket and the 12-ounce New York strip (an additional \$10). Served with garlic mashed potatoes and roasted Portobello mushrooms, the steak was perfectly marbled and seared black with a juicy pink core.

The dessert options were the frozen s'mores sundae and the double rum black pepper cake. The sundae was enjoyable, but the cake was show-stopping.



New York strip.

Pineapple sherbet contrasted against the pepper's bitterness, with a chunky pineapple compote. The contrasting flavors kept the dessert from being overpoweringly sweet, which was refreshing after the heavy steak.

Grill 23 & Bar might not be the best spot for an intimate dinner. But the dynamic atmosphere is offset by solid classics.

Blue Ginger

583 Washington Street
Wellesley, MA 02482
(781) 283-5790
www.ming.com/blue-ginger.htm

Dalya's Restaurant

20 North Road
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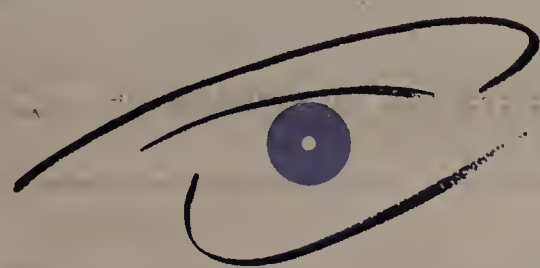
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黃靈美報導



Blue Ginger的烤三文魚配綠咖喱和芒果椰香飯。圖片均由黃靈美提供。

波士頓美食周在三月隆重舉行了兩個星期。在那時，波士頓最好的餐廳推出了售價20.13美元的午餐和38.13美元的晚餐，包含一份開胃菜、主菜和甜品。那是一個平價品嚐波士頓最好美食的最佳機會。

舢舨很幸運有機會到Blue Ginger、Dalya's Restaurant以及Grill 23 & Bar一嘗了美味。

Blue Ginger

Blue Ginger 結合了中西的精華，即使遠距離開車到Wellesley也是值得的。這是美食周最好的一餐，有美味佳肴和一個活躍卻又不干擾聊天的就餐環境。我還有點擔心這樣「融合」的美食將會缺乏中西特色或是不好吃，但我的擔憂很顯然是錯的。

我們最喜歡的開胃菜是配有

辣椒和魚湯的愛德華王子島蚌，它結合了多汁的加拿大蚌貝和亞洲風味。

主菜成功地混合了不同的風味美食。香煎大西洋三文魚是一大亮點，配上綠咖喱醬和甜甜的芒果椰子飯。牛排則是韓國風味，配有辣泡菜和jap chae，豐富的辣味讓人飽口福。

苦甜巧克力布丁蛋糕、抹茶安格萊斯和鹽漬脆餅結束了晚餐。精致的布丁蛋糕口感豐富溫暖，適當的大小使這頓晚餐更加完美。

Dalya's Restaurant

貝福德鎮(Bedford)的Dalya's Restaurant有很多停車位，是多人聚餐的理想餐廳。我們9個人的聚餐點了各種開胃菜和佳肴，但只有餐後甜品最令人滿意。

去殼的田螺(escargots)和portabella蘑菇都是溫熱的，但並沒有吸收太多的大蒜牛油醬汁。

海鮮燴飯把蝦、扇貝還有龍蝦放在香濃奶油味的豆煮燴飯上。然而海鮮的口感過熟，有點像橡膠的感覺。烤雞口感有些乾，豬排和鴨胸肉也是。幸好，牛排和排骨還是鮮美多汁的。

Dalya's Restaurant在Bedford Farms冰淇淋店旁邊，該店以獨家甜品出名。Coupe [Lydia] 是含有咖啡冰淇淋、咖啡醬、巧克力和鮮奶油的冰激凌新地。Dalya's Restaurant的服務無懈可擊，但是食物似乎有點烹飪過度。因為是星期六晚上，餐館也比其他時候更多人。

Grill 23 & Bar

這傢波士頓牛排餐廳位於新潮的后灣。雖然事物和服務都很值得稱讚，在餐廳擁擠的一樓用餐你必須大聲喊話。餐廳在這個下雪的星期四晚上滿是人，所以預約是必不可少的。

我們的晚餐從味噌燉五花肉和九層塔薄荷豌豆湯開始。兩道菜的裝碟都非常精致而且分量十足。豌豆湯裏包含了煙熏三文魚，配上香濃的奶油湯。

至於牛排，我們選擇了牛腩以及12盎司的紐約牛排（另加10美元）。配上蒜香土豆泥和烤蘑菇，牛排烤的很完美，外面炭黑裡面卻還有多汁的粉紅色。

甜品選項有s'mores冰淇淋



Grill 23的紐約牛排。

新地和雙份朗姆酒黑胡椒蛋糕。冰朗姆酒蛋糕特別引人注目。菠蘿果醬和胡椒的苦澀形成強烈對比，還混有菠蘿塊在裡面。強烈味道的對比使這道甜品不會過甜，食用牛排之後的品嚐這個甜品讓人感覺很清爽。

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如何戰勝戒煙後遺症

左成鳳報導

自20世紀50年代以來，很多朋友都知道吸煙會導致肺癌。此外，多項研究將吸煙同心髒病、肺氣腫、慢性支氣管炎和其他致命疾病的發生聯係在一起。

然而在半個多世紀後，人們仍然很難放棄吸煙這個習慣。據美國癌症協會的研究表明，在煙草中發現組成香煙的尼古丁比起海洛因和可卡因等藥物更容易讓人上癮。當人們染上煙癮，他們便會從精神和肉體上一直養成並依賴這樣的習慣。伴隨著嚴重影響情緒等副作用，戒煙意味著極大程度上挑戰自我的精神依賴。在某種意義上，戒煙可能會導致更多的痛苦，這也是為什麼許多想戒煙的煙民最終半途而廢的原因。

戒煙的後遺症包括抑鬱症、情緒低落、難以入睡、做惡夢、注意力無法集中、頭痛、體重增加、便秘或氣體、疲倦、食慾增加、咳嗽、口乾、喉嚨痛、頭暈咽乾、鼻滴、胸悶和心率較慢等狀況。

然而，這些後遺症都是有可能被緩解的。美國國立衛生研究院則提供了若干對應戒煙副作用的建議。例如，如果戒煙者出現體重增加的問題，專家建議其去看醫生，並向醫生索要一種能控制體重的藥物「安非他酮」的處方。尼古丁口香糖和含片同樣能夠幫助緩解不適。美國國立衛生研究院同時還建議戒煙者堅持鍛煉身體，並選擇使



圖片由Flickr用戶Dale M Moore提供。

用健康的食物以防止體重增加。

在有效控制戒煙後遺症後，戒煙者需要確保堅持戒煙計劃避免復吸。對於這一點，美國國立衛生研究院建議戒煙者盡量減少同其他煙民的接觸，將煙灰缸等同香煙有關的物品從房屋移出以創造一個無煙環境或適度飲用咖啡。

亞裔美國人群非常需要了解戒斷後遺症以及如何防止這些症狀出現。雖然亞裔美國人口在美國的吸煙率屬於最低的人群，吸煙仍然是一個重要的問題。

疾病預防控制中心的研究發現，吸煙率和從東南亞亞裔以及環太平洋地區亞裔的文化互滲有著相應的關係。具備較高的英語水平的人和那些長期生活在美國的亞裔吸煙的概率相比較低很多。

如需戒煙後遺症信息，請登陸www.cancer.gov/cancertopics/factsheet/Tobacco/symptoms-triggers-quitting。

一罐動力或一罐化學物質？

關美儀 撰寫

你喝的到底是什麼？能量飲料Sobe Adrenaline Rush真的能帶給你想要的能量嗎？

你是否曾經因為感覺太疲勞而急需補充能量？你是否曾經用能量飲料和能量零食來緊急補充能量，並希望能維持一整天？你是否曾經因為喝下能量飲料而倍感活力？如果你對以上的問題回答有肯定的回答，那麼你將可能面臨著一些潛在的危險。

很多人覺得飲用能量飲料能恢復他們的「生活」。然而，人們了解非自然攝取快速能量的弊端嗎？

為了正確看待這個問題，讓我們先來定義能量。北昆士高中學生14歲的Helen 說：「能量是讓大腦和身體在反應遲緩時重新開始運作的力量。我曾看見過別人飲用紅牛和其他的能量飲料。他們曾經想給我一試，但我總是拒絕，因為我認為它會影響你的神經系統。」

一種名叫Sobe Adrenaline Rush的能量飲料現已因可能性的健康問題而被停止生產了。Sobe是一個茶類、果汁和飲用水飲料的牌子，被用於提供快速能量。其主要成分包含糖、咖啡因和一些化學成分，例如肌醇，鹽酸吡哆醇，磷酸單鉀。

你是否真的可能從這些飲料中得到所需的能量或你是否得到了化學物質？這兩個答案可同時說是或者不是。你是從這些成分中吸收了能量，但是你沒有從那些化學物質中吸收能量。能量飲料基本來說不含糖，為了可以減少卡路里。所以為了代替糖分，需要添加化學物質來讓神經系統起到反應。不是飲料本身帶给了你能量，而是這些化學物質。它們讓大腦發出信號讓你的神經系統加速運行。Braintree高中的健康指導老師Eric Langenthal說道：「你的身體系統是極其複雜的。飲用能量飲料和服用藥物擁有基本相同的功效，只是其中一個比另外一個更加的大影

響，或者可以說，只是一個更加強大的殺手。服用太多的某樣東西永遠不是好的。」

Langenthal說：「讓我們回到藥物本身，當你的身體含有了這些化學物質，它們可以直接影響你的腦部和心臟。能量飲料亦是一樣。你不會馬上可以看出結果，但是當有日你的年紀變大了的時候，你將看到對你的身體的巨大影響。」

能量飲料可能產生的後果包括增加中風、心髒病的機率和有上癮的風險。

無論你是否一名運動員，吸收了這些化學物質對你的身體都是百害而無一利的，當化學植物進入了你的血液中產生作用，讓你的心臟運作加速。當運動員處於良好的狀態的時候，他們已經為身體建立了一個很好的來源去獲得適當的營養。

Pennsylvania的一名24歲大學生日生Jamie說道：「現時我見到很多人都喜歡飲用這些能量飲料，不是非常的上癮，儘管所有東西都有上癮的可能性。但是大多數這些人都會變得越來越懶惰，希望等到快速的方法去解決問題，但是其實他們不知道他們正在傷害自己的身體。」

每一個人的身體對不同的食物和化學物質都會產生不同的反應。某一些人的反應可能會比較快的體現出來，但是其他一些人很可能需要經過數個小時或者數天才能體現出來。

萊克星頓的10歲小提琴學生Angela問道：「那麼我可以飲用可樂代替能量飲料嗎？」

可樂相對比能量飲料來說是比較安全的，它含有較少的化學物質去刺激我們的神經系統，但是是沒有營養的。最好的飲品應是吸收多種的飲品例如水、牛奶、果汁或者維他命水。

最後，每個人都有權利飲用或者不飲用能量飲料。但是不要忘記，能量飲料不是因為糖分的作用帶給你能量，而是各種的化學物質對你神經系統的影響。請緊記，過量地飲用某種飲品都將會最終對你身體健康帶來不好的影響。

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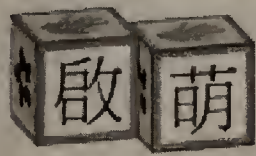
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2013年5月移民排期表

親屬移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	2006年4月1日	2006年4月1日	2006年4月1日	1993年8月8日	1999年6月1日	第一優先：美國公民的成年未婚子女
第二優先2A	2011年3月11日	2011年3月1日	2011年3月1日	2012年2月11日	2011年1月11日	第二優先2A：永久居民的配偶及未成年子女
第二優先2B	2005年5月15日	2005年5月15日	2005年5月15日	1993年5月1日	2002年9月8日	第二優先2B：永久居民的成年未婚子女
第三優先	2002年8月8日	2002年8月8日	2002年8月8日	1993年4月1日	1992年10月22日	第三優先：公民的已婚子女
第四優先	2001年5月1日	2001年5月1日	2001年5月1日	1996年9月8日	1989年10月1日	第四優先：成年公民的兄弟姊妹

職業移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	有名額	有名額	有名額	有名額	有名額	第一優先：杰出人才、研究人員、研究人員教授
第二優先	有名額	2008年5月15日	2004年9月1日	有名額	有名額	第二優先：跨國公司主管
第三優先	2007年12月1日	2007年12月1日	2002年12月22日	2007年12月1日	2006年9月15日	第三優先：技術勞工及專業人士
非技術勞工	2007年12月1日	2003年9月1日	2002年12月22日	2007年12月1日	2006年9月15日	
第四優先	有名額	有名額	有名額	有名額	有名額	第四優先：特殊移民
宗教工作者	有名額	有名額	有名額	有名額	有名額	
第五優先 定點投資	有名額	有名額	有名額	有名額	有名額	第五優先：指定地點投資移民
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http://chsne.org/scholarships.htm查看。

活動信息

JP Concerts音樂會
四月廿七日（週六）
下午四點
St. John’s Episcopal Church
1 Roanoke Avenue
Jamaica Plain, MA 02130
JP Concerts將演奏LFO-愛與友誼音樂會。票價10美金。詳情請登錄 jpconcerts.org。

普通話課程
四月廿日（週六）
早上十點至下午一點
四月廿二日（週一）
晚上六點至九點
Boston Chinatown Neighborhood Center
885 Washington St Boston, MA 02111
波士頓華埠社區中心將與四月底開設兩堂初級普通話課程。課程可選擇在每週一或六上，共五週。課程面向各等級學習者。詳情請洽Mofei Xu: (617) 635-5129 x 1030 或 mofei.xu@bcnc.net。

免費移民法律諮詢
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晚上六點至八點
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視，房屋租約，家庭，刑事和人身傷害訴訟問題。昆士市家庭法律張永鏗律師將在現場解答有關離婚問題，移民律師有Jane Chiang和Kim Thai，房地產律師Mary Lee，波士頓刑事和人身傷害訴訟律師 Jason Chan，和聯邦政府平等就業機會委員會律師Ken An將為亞裔及越南社區人士提供個人法律意見。詳情請洽 (617) 472-2200 或登錄 www.quincyasianresources.org。

王氏青年會夏令營開放日
四月廿二日（週一）
晚上六點至七點
8 Oak Street West Boston, MA 02116
金山夏日項目是王氏青年會專為5至12歲的兒童和青少年設計的培養計劃項目。開放日將讓家長有機會了解該項目、向工作人員提問，並進行當場註冊。項目將從六月24日開始，現在可在YMCA Welcome Center登記報名。詳情請洽 (617) 426-2237 或登陸 bostoncamps.org。

牛頓粵語學校開放日
四月廿七日（週六）
早上十點至十二點
Bigelow Middle School

42 Vernon Street, Newton, MA 02458
牛頓粵語學校將舉辦其年度開放日。所有教室將開放供公眾參觀。學校提供從幼兒到八年級的粵語口語、文學學習。普通話口語教學也將從五年級開始。另外還有文化課程如藝術、中國舞、剪紙、國畫與乒乓球等。詳情請洽 Agnes Lee: 617-930-3380或登錄網站 www.newtoncantoneseschool.org。

回饋父母活動
五月四日（週六）
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華埠龍鳳大酒樓
9 Tyler Street, Boston, MA 02111
紐英倫華人女性協會將假龍鳳大酒樓舉辦其回饋父母活動。門票每人35元。預定一桌350元。詳情請洽 Sau Ping Lee: (617) 232-8275 或

Hui Fang Li: (617) 202-6811。
紐英倫華人歷史協會獎學金
紐英倫華人歷史協會將舉行2013年獎學金競賽。兩項獎學金將分發給已被任意一所紐英倫高校錄取，將於2013年九月入學的華裔高中三年級學生。每項獎學金為一年500美金。截止日期為五月三十一日。獲獎者將於2013年九月宣布。詳情請洽 617-338-4339或 info@chsne.org。關於競賽信息請登錄 <http://chsne.org/scholarships.htm>查看。



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中美醫學交流學會聚焦常見病

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為時一天的中美醫學交流學會（ACMES）2013年春季醫學講座一常見病系列之四，於4月7日在哈佛醫學院Dana Farber 癌症研究中心大禮堂成功舉行。先後有8位各領域的專家講演，百餘位當地醫生及醫學研究人員出席。哈佛醫學院副教授，貝斯以色列醫學中心心血管生理核心部主任Peter M. Kang醫師，在講座中的發言主題是現時心血管病和新興治療。Kang醫師的比較醫學圖形表示出中國人的平均預期壽命從1960年的33 歲增加到2000年的72歲（增幅39%）；美國相應的是從1960年的68歲增加到2000年的76歲（增幅8%）。心血管疾病是美國人的第一殺手，而在中國人死亡原因中排列第三。心臟衰竭，作為一種嚴重的心血管疾病，對其的治療一直演變。

布萊根婦女醫院內分泌、糖尿病和高血壓科主治醫師Margo Hudson醫學博士在講座中宣講了對二期糖尿病患者啟動和調節胰島素治療及何時開始、怎樣繼續和何時結束胰島素治療。另一位在布萊根婦女醫院新生兒科工作過，現任Harvard Vanguard小兒科主治醫師的蔣可怡醫學博士是兩個女兒的母親，所以她在講述嬰幼兒營養時有體會，連照片都是用女兒的照片。

風險管理和優化慢性疼痛治療的主題由健康聯盟醫院醫學教育主任，物理醫學與康復專家Edison Wong醫學博士講解。他首先立論說要管理好風險就要正確認識風險的等級。在解說了風險等級分類標準後，Edison Wong又分別介紹了52歲有十年骨盆疼痛的Sally，42歲有5年慢性腰背痛的Jim，59 歲有肺癌史的Steve，他們的症狀、病史和家族史，然後啟發聽眾對他們的疼痛進行分類，有如臨場考核，緊張生動且趣味盎然。聽眾普遍反映在歡樂中學習了知識，收穫頗豐。

嚴重敗血症和敗血性休克治療的最新理念是貝斯以色列醫學中心重症監護科主治醫師劉沛昌醫師的演講主題。劉醫師的經驗是面對病人的休克不妨總是假設病人是敗血性休克，防患於未然，在臨床知識之外也傳播了嚴肅認真的醫學理念。

哈佛醫學院助理教授，波士頓兒童醫院遺傳學診斷實驗室主任吳柏林博士主要討論的是從臨床角度看新一代基因測序時代。他們的側重點不是整個基因群，而是有臨

床意義的基因。他預測在2050年之前，科學界可望獲得真正個性化的基因。

中國元素也滲透在了這次學術會議上。北京中醫藥大學東方醫院腫瘤科胡凱文醫師的綠色療法報告的一些觀點就很有中國醫學的特色。他認為對於腫瘤，西醫要的是「根治」，所以手術要「徹底」，多挖，深挖病人的周圍組織，因而年齡大的不能手術，體質弱的不能手術。中醫講究的是「姑息」治療，尋求「共存」機會。對患體區別對待，對腫瘤的核心確鑿部分進行手術，對一些只有零星癌組織的地方，不動它，而介於兩者之間的部分，則留待觀察，若有必要，還可以做第二次和第三次。很多時候，拿掉了最「惡劣」的部分後，其餘部分往往會自動痊癒，謂之「十去其六」。醫治並不一定要全身徹底治療，全身治療往往導致腫瘤與機體一損俱損，一榮俱榮，易使治療陷入困境，因為惡性腫瘤與機體共生共損一與機體血脈貫通。胡醫師腫瘤治療技術的融合與創新骨水泥成型術氬氦刀冷凍，應用動脈泵的中藥介入微創綜合等治療極其成功地使無數病人少疼痛、快治愈和延長壽命。胡醫師的發言引起了與會者的極大興趣，有的問怎樣治病，有的詢問所涉及的政策，有的追問統計數字，氣氛盎然。最後學會和胡醫師均期待以後再度合作。

哈佛公共衛生學院全球健康與人口部中國項目主任劉遠立博士為大會作的發言是有關中國的醫學職業性。劉遠立博士團隊在中國醫學院院長的調查分析指出，42%的中國醫院院長認為醫學院畢業學生的知識水平越來越差，70%的院長認為醫學院畢業學生的臨床技能越來越差，54%的院長認為醫學院畢業學生的工作態度越來越差。另有研究表明把病人利益放在首位的中國醫生僅只40%，把經濟利益和個人發展放在首位的佔了60%。醫生與病人的關係緊張，互信流失。另外，72%的院長們不願意他們的子女學醫。如何改進，劉主任認為問題可能還是出在醫療體制上。就是對醫生群體的要求與報酬有所脫節。沒有回報，只期待要求醫護人員的職業性表現是不現實的。他分別從醫生本身和社會兩個角度闡述了對改善這一社會現象的個人看法。

大會上午第一個發言的是麻省總醫院肝移植項目主任，胃腸科副

主任Raymond Chung醫師，他介紹了肝性腦病的最新進展。肝性腦病是肝硬化的主要並發症之一，患者的存活率在所有肝病中最低，而其發病率則有逐年增加的趨勢，更嚴重的是大多數患者病沒有結束預防復發的治療。他著重解釋了為什麼預防性治療尤其重要以及如何做。

當白天的講座圓滿結束後，晚間的丙肝講座在附近的會議室緊接著進行。哈佛醫學院副教授，貝斯以色列醫學中心肝病研究中心主任

劉丹陽醫師主講了慢性丙型肝炎的治療方法，參與的醫護人士可以由此獲得繼續教育學分。幾種肝炎病毒有對人群的選擇性，如乙肝容易找上亞裔，丙肝似乎特別「親暱」西班牙族及美國人，劉教授專業地詳細介紹了有關抗丙肝病毒的實驗、研究、文獻以及如何保持對病人的治療。

明年的講座將會是更加實用、前瞻和豐富，請繼續關注我們的信

息www.acmes.net。

家庭健康烹飪建議

孔璋林，營養科學碩士，註冊營養師。中華耆英會全職營養師。

烹飪美食是生活中最大的樂趣之一。在一般情況下，在家烹飪會比出去吃更健康。其實想要在家做出營養均衡的美食只需要適當提前規劃一番，也就是意味著要購買合適的原料並且正確地實施計劃。

目前在市場上有無數的食品，自稱是「利於心臟健康」、「低脂」或「不含膽固醇」。雖然美國食品和藥物管理局（FDA）已經在一些重要的科學協議的基礎上證明了一部分的健康食物，但並非所有的都得到了FDA的批准，更有些說法會有誤導之嫌。

例如，如果你買比同類產品少25%脂肪的低脂奶酪，但是卻需使用兩倍多，那麼你最終將吸收更多的熱量。

不管食物包裝背面寫著什麼，閱讀營養成分標籤始終是一個明智的舉動。您可以按照下面的說明了解一下標籤。

一般來說，任何的食物，只要你控制合適的食用量，都可以變得很健康。一般通過查看使用量就能計算出整包所含營養物質的總量。

在中國料理中有幾種原料替代品是特別健康有用的。第一個則是使用噴霧油來爆炒菜餚。對於大多數不沾油鍋，用薄薄的一層油可做出美麗的煸炒。

如果食品變乾，您應添加少量的水，而不是更多的油。以下是一個製作紅燒茄子的健康食譜。您可以清楚地看到，噴霧油是如何用來替換大量的食用油。



圖片由Flickr用戶NellieMcS提供。

食物原料

- 1個大茄子，分段
- 1個中等大小的洋蔥
- 1大匙醬油
- 少量黑胡椒
- 1湯匙蒜末
- 1茶匙孜然
- 噴霧油一罐
- 4盎司水

操作說明

1. 在一個較大的煎鍋中澆水上一層薄薄的噴霧油。中火加熱。
 2. 加入蒜末、洋蔥、孜然和黑胡椒。攪拌均勻，直到洋蔥變軟（約4-5分鐘）。
 3. 加入茄子，以及約2盎司的水。調試溫度至中低熱量，蓋好鍋蓋，直到茄子變軟。如果泛水蒸發幹，增加更多的水。
 4. 開蓋並輕輕攪拌均勻，加醬油。小火煮到所需稠度。
- 完成後的茄子可以配上糙米，麵食或其他含澱粉的菜餚共同飲食。



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糖尿病在美國亞裔人群裡的發展

哈佛醫學院「加斯林糖尿病中心」亞裔糖尿病研進會
註冊營養師以及糖尿病專家Ka Hei Karen Lau撰稿



圖片由Flickr用戶kindagatme提供。

當人體無法產生胰島素，或不能正確使用和儲存葡萄糖的時候，人們通常會患上糖尿病。胰島素是一種胰腺排除的激素，幫助葡萄糖進入細胞變成能量。在正常情況下，身體會將你吃的食物轉化成葡萄糖，然後作為能量使用。如果患有糖尿病，葡萄糖會積聚在血液中，造成的血液葡萄糖或使血糖達到危險的高水平。

目前主要存在有兩種類型的糖尿病 - 1型和2型。病者如患1型糖尿病，其身體將完全停止產生胰島素。在2型糖尿病的情況下，患者身體無法產生胰島素和/或無法正確使用胰島素。高達95%的亞洲裔糖尿病屬於2型糖尿病。

糖尿病是一種世界性的流行病。2012年其影響範圍則超過370萬人。其中50%以上的成年糖尿病患者分別來自東南亞和西太平洋地區。紐約進行的一項研究發現，美國亞裔患有糖尿病或糖尿病前期的患病率最高。每兩個成年亞裔中的一個就有患糖尿病的風險。

美國亞裔之所以發病率較高，是由於遺傳和生活方式相結合的影響。從基因角度上分析，美國亞裔較低的體重使得2型糖尿病並發風險較高。哪怕是輕微的體重增長都會大大增加患糖尿病的風險。此外，久坐的工作方式，大量飲食西方低纖維，高脂肪和高熱量食物等生活習慣都會進一步促進流行的2型糖尿病在美國亞裔人群中的發展。

超重、有糖尿病家族史，或有糖尿病前期或妊娠期糖尿病（糖尿

病只發生在懷孕期間）的美國亞裔患得2型糖尿病的風險較高。2型糖尿病的發展是可以通過選擇健康食物，保持身體活躍以及減肥等方式預防或者延遲的。

長期控制不佳的糖尿病可能導致並發症，例如眼睛，心臟，腎臟和神經等疾病。早期診斷和治療，並具有良好的血糖控制，能夠顯著減少並發症的風險。患者應保持健康的飲食，經常運動，定期服用藥物。如果有必要，定期監測血糖對於防止並發症的發生也是非常重要的。每年至少兩次與醫生見面，並檢查您的A1C（3個月的血糖平均）看是否你的血糖在目標範圍內。對於大多數人來說，將A1C指標達到7%以下就很好了，但根據您的不同健康狀況，指標也會相應的變動。因此，建議您向醫保護理提供者資訊並商量特定的血糖目標。

由於語言上的溝通障礙以及對於糖尿病知識的缺乏，一些美國亞裔可能難以良好的控制預防糖尿病。您應該向了解您文化背景和觀點的醫療保健提供者尋求幫助。與他們討論您的需求，制定最適合你的個性化的治療方案。

關於健康計劃量身定制，糖尿病治療和管理的更詳盡的信息，請致電（617）732-2606或訪問<http://aadi.joslin.org>。

Tufts Medical Center

五種服用中藥時之禁忌食物

由余均達與江曉麗撰寫

不少市民收到醫師處方中藥的同時，都會被勸誡相應之飲食宜忌，究其原因，是由於日常飲食習慣十分影響所服用中藥處方之效果。以下列舉五種服用中藥時須注意之禁忌食物，閣下如欲治病更收事半功倍之效，請務必加倍留意，服用溫陽方劑時忌飲用牛奶。



圖片由Flickr用戶sweetbeetandgreenbean提供。

服用溫陽方劑時忌飲用牛奶

牛奶素來被視為養飲佳品。牛奶性平味甘，功以補虛損，益肺胃，生津潤腸。《本草經疏》謂述脾虛作瀉者不得服。《本草匯言》亦云膈中有冷痰積飲者忌之。故此如閣下正在服用溫陽化濕一類之處方如腎氣丸、真武湯、附子理中丸等，應注意切勿服用牛奶從而令方劑之溫陽力度大幅下降。



圖片由Flickr用戶blentley提供。

服用苦寒方劑時忌食用辣椒

辣椒於氣候潮濕或寒冷國家及地區多被奉為桌上佳餚，人人甘之如飴。辣椒性熱味辛，功用溫中健胃，散寒燥濕。《藥性考》謂多食眩暈，動火故也，久食發痔，令人齒痛咽腫。因此如閣下正服用苦寒處方如導赤散、化斑湯、銀翹散等，應注意避免食用辣椒從而消除方劑之清熱瀉火功效。

服用補氣方劑時忌食用白蘿蔔(萊菔)

白蘿蔔是不少菜式中不可或缺之重要材料之一。白蘿蔔(萊菔)性辛涼味甘，功效清熱生津、涼血止血，下氣寬中，消食化痰，利尿通

淋。《唐本草》描述其散服及炮煮服氣，大下氣，消谷，去痰癖。《食性本草》形容為利風者，去邪熱氣，故服用任何補氣方劑如四君子湯、人參養榮丸、生脈飲等切忌同時食用白蘿蔔。

服用健脾化濕方劑時忌食用糯米

糯米作為眾多五穀雜糧品種之一，廣泛出現於多種菜餚中。糯米性平味甘，功效暖脾胃，補中益氣，縮小便。《名醫別錄》註解其為溫中，令人多熱，大便堅。《本經逢原》亦若作粉餅，性難運化，病人莫食。相較服用任何健脾化濕方劑如參苓白朮散、苓桂朮甘湯、保和丸切勿同時食用糯米，以其黏滯之性大幅度阻礙所用方之運化健脾功能。



圖片由Flickr用戶Allan Reyes提供。

服用祛濕方劑時忌食用竹筍

竹筍以其清甜鮮美之味道成為不少下廚者之寵兒，但亦因此令不少人深受其困擾。竹筍(毛竹)性寒味甘，功效化痰、清脹、透疹。《食物宜忌》謂其消痰、滑腸、透毒、解醒、發痘疹。《食物本草》亦指其沿小兒痘疹不出。故此如閣下正服用散風除濕之方劑如大秦艽湯、羌活勝濕湯、柴胡清肝飲，務必將竹筍從餐桌上剔除，因竹筍之透發功效會令體內之風邪濕邪經由非指定路徑排出造成額外之不適。

常言道藥食同源，食物與藥物同樣有其偏性，故此服用中藥時應注意相應之飲食宜忌，以期達到同之效果，避免副作用之產生，方能達至藥到病除的最佳效果。

余均達為香港註冊中醫師及廣州中醫藥大學博士研究生。他擁有香港浸會大學中國醫藥碩士學位和中國醫學及科學學士學位。江曉麗為香港註冊中醫師及香港浸會大學中國醫藥學學士。

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"At Joslin's Asian Clinic, we tailor culturally appropriate treatment to align with the values and beliefs of our patients." - Dr. William Hsu



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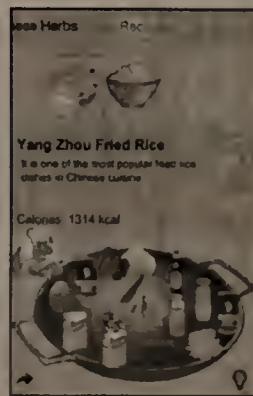


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公寓抽籤儀式的申請截止日期為2013年7月15日

*經濟公寓的分配將根據抽籤的形式選出

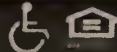
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1	30% CBH-PB-HC	\$874	2	2-4人	N/A	20100	22600	25100	N/A	N/A	N/A	N/A
1	30% CBH-PB-HC	\$1,046	3	3-6人	N/A	N/A	22600	25100	27150	29150	N/A	N/A
1	60% High Home	\$727	1	1-2人	35160	40140	N/A	N/A	N/A	N/A	N/A	N/A
1	60% High Home	\$879	2	2-4人	N/A	40140	45180	50160	N/A	N/A	N/A	N/A
4	60% High Home	\$1,048	3	3-6人	N/A	N/A	45180	50160	54180	58200	N/A	N/A
1	60% LIHTC	\$727	1	1-2人	35160	40140	N/A	N/A	N/A	N/A	N/A	N/A
3	60% LIHTC	\$879	2	2-4人	N/A	40140	45180	50160	N/A	N/A	N/A	N/A
5	60% LIHTC	\$1,048	3	3-6人	N/A	N/A	45180	50160	54180	58200	N/A	N/A
1	30% PB	\$1,046	3	3-6人	N/A	N/A	22600	25100	27150	29150	N/A	N/A
1	30% PB	\$1,091	4	4-8人	N/A	N/A	N/A	25100	27150	29150	31150	33150

租金和最高入息限制的變更將不另行通知

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申請表可致電(508) 752-0833要求郵寄方式獲取
亦可憑本人於2013年4月19日起

親臨以下地址領取：

9 May Street Apartments 或 Worcester Common Ground Inc.
9 May Street 5 Piedmont Street
Worcester MA 01610 Worcester, MA 01610

申請表格亦可電郵至：

ACII@maloneyproperties.com

或登錄網址：www.wcgcdc.org 獲取

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4月19日星期五，上午10時至下午4時；4月23日星期二，上午10時至下午7時。
4月25日星期四，上午10時至下午4時；4月27日星期六，上午10時至下午4時。

Worcester Common Ground CDC, 5 Piedmont Street, Worcester
4月19日起星期一至星期五，早上10時至下午4時

填妥的申請表應本人於2013年6月19日下午4時以前，
遞交或郵寄至以下地址參與抽籤儀式：

Austin Corridor II Manager

9 May Street, Worcester MA 01610

郵戳應不遲於2013年6月19日。

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紀念為美國南北戰爭默默奉獻的華裔勇士們

黃靈美報導



Henry Jung於4月11日講南北戰爭。(圖片由黃靈美提供。)

很少有人講述關於在南北戰爭時期默默奉獻的華裔戰士的故事。4月11日，在南北戰爭150週年之際，『美國南北戰爭的華裔英雄』講座則借此機會於薩默維爾公共圖書館為觀眾講述了這些可敬的華裔的英勇偉績。

Henry Jung曾經于越戰時服役海軍陸戰隊。他對中國退伍軍人一直非常感興趣。所以當他聽說有50個華裔軍人曾經參與內戰時，他渴望了解更多信息。

Jung說到：「在美國陷入南北戰爭的時期，中國也在面臨一場內戰。太平天國運動是巨大的，超過20萬人在1850至1864年間被殺害。飢荒與叛亂導致了很多中國人開始移民。」

許多參加戰爭的華裔都是用西方的姓氏登記的名冊。其中一個華裔軍人叫做Edward Day Cohota，他以將自己4歲時帶到麻州的船名命名自己。Cohota參與了美國內戰和與印第安人的戰爭，服役30年后定居于內布拉斯加州。儘管曾如此效力于美國，他並不能成為一名美國

公民。因為雖然亞伯拉罕·林肯總統曾承諾給所有聯盟戰士公民身份，但是在此法例生效前，林肯就被暗殺了。直到2008年，眾議院追授Cohota以及另一個華裔聯盟士兵約瑟夫·皮爾斯美國公民身份。

皮爾斯是在內戰中頭銜最高的華裔士兵，達到軍銜為下士。他曾參與眾多重大戰役，如葛底斯堡和安蒂特姆戰鬥，戰後于康涅狄格州定居下來並與當地有名的銀匠家庭共結連理。

Jung說：「皮爾斯成為一個非常有影響力的優秀公民。因為他同地方政治的良好關係，他順利地避開了聯邦法律。」

其他有影響力的華裔士兵中包括了克里斯托弗雷恩班克和斯蒂芬班克兩兄弟。他們的父親是曾是暹羅（今泰國）的移民。他們作為怪胎展展品被帶到美國，並在「班克山」展覽后改名。他們積累了一定財富之後，他們同兩個白人姐妹和21個孩子定居於在北卡羅萊納州。他們擁有100畝土地和60多個黑人奴隸。

Jung說：「班克兄弟是極力支持南方士兵。雖然他們打戰的時候他們已經年齡較大，但是他們的兒子卻已經成年。所以他們同羅伯特·李將軍同一天被授予了騎士稱號。因為這些人都受到過教育並擁有財富。即使他們只有一半中國血統，他們可以購買到精英的馬匹和裝備。」

班克家庭的兩個兒子在戰爭中倖存下來，並繼續建立家庭。今天，約1500多個班克後裔散佈在美

國大陸上。

Jung說：「我敬稱這些人是『華裔英雄』不是因為他們的道德立場，而是因為他們為這個國家作出的貢獻。」

Jung會於5月9日在昆士市克潤圖書館以及5月23日在摩頓市公共圖書館再次為當地觀眾帶來演講，兩日都是同一時間晚上7點。

更多信息請登陸紀念南北戰爭華裔士兵協會網站 <https://sites.google.com/site/accsacw/>

華裔長者享受老年生活

從英文第一版繼續

陳禮說：「我有六個孩子，他們都上了大學並且都是電腦工程師。我現在想享受一個人的生活。」

陳禮是中國租戶協會主席，這個協會每兩個月開一次會議與華人居民討論住房事宜。保持活躍讓陳太太感到開心，她表示：「我並不因為我年老而變弱感到悲觀。年齡大了也是一個好的階段，因為我還在繼續學習。在這裡我們可以很好地將獨立與幫助融合。」

JCHE在布萊頓有三棟連著的建築物，如果他們願意可以讓住戶全天都留在室內。裏面有一家賣水果蔬菜的雜貨店，一家提供剪髮和美甲的沙龍。二手市場是由一間堆滿居民二手房的房間

形成的，成交價從50美分到一美元。

陳太太表示：「讓我的孩子知道我住得安全是件很好的事，他們都說，媽媽你太幸福了。」

部分老年人可以將車停在停車場去探訪他們的家人或醫生。計程車和巴士都有通達，沿綠線的Chiswick T的車站就在幾步之遙。

陳太太表示：「我喜歡這個社區，因為它尊重不同的文化。並且我們華人開會時能用英語、俄羅斯語、粵語和普通話四種語言溝通。」

JCHE有三個地點，兩個在牛頓，一個在福明翰。如果需要瞭解更多信息，請點擊www.jche.org 或撥打 (617) 912-8480。

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6人	\$74,750

申請有其他限制適用

公眾資訊會議：

Stevens紀念圖書館（入口時鐘方向的下層）
2013年5月6日，下午6時至8時

房屋開放日：2013年5月11日，下午1時至3時

Merrimac Condominiums, Turnpike St.(Rt 114) & Compass Rd
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可於以下地址獲取申請表格

Stevens 紀念圖書館 345 Main St

No. Andover市政廳員工辦公室 120 Main St

你亦可以郵寄或電郵來獲取申請表格

郵寄地址：JTE Realty Associates, P. O. Box 955, No. Andover, Ma. 01845

郵箱：merrimac@jterealtyassociates.com

必須提供回郵地址

電話：978-258-3492

填妥的申請表格必須最遲於2013年5月29日前遞交



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- 治療慢性阻塞性肺病連續3年(2011-2013)
- 膽囊切除術 (2013)
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華埠社區聯盟探討 亞洲青年免費醫療服務

黃靈美報導

華埠社區聯盟4月11日在波士頓華埠社區中心進行了關於青年人與免費醫療服務的討論。

Sharewood項目每週二早上6點半到晚上9點都會在摩頓第一教堂更新免費醫療診所服務。這些診所16年前由塔夫茨醫療中心所建立，附屬於醫療中心和塔夫茨大學。

塔夫茨醫療中心本科董事會主席說：「我們為任何一個對該項目有興趣的人提供免費的身體健康護理，他們無須任何的保險和綠卡，只要走進這個門，我們都會為其服務。」

診所目前僅針對個人開放，個人必須是初級健康護理醫師的工作者或者通過MassHealth登記了低保的人。詳情請洽 www.sharewood.info。

青年夏日服務項目

社區聯盟組織青年服務志願者討論關於暑假和學期中所能提供的服務。

【波士頓華埠社區中心青少年中心暑期班】

青少年中心暑期班從7月8日到8月9日為六年級到八年級的青少年提供英語暑期擴展班服務，其中週一到週五早上都有中英雙語教學。擴展班從7月8日到8月23日的下午1點到晚上7點都會舉行節目和野外求生活動，每次75美元。有需要請與6-7月到BCNC報名登記。

【亞洲青年之聲】

亞洲之聲青年社區由亞美社區發展協會創辦，旨在協助亞裔高中生在美國生活得更好和進行公民參與。詳情請發郵件至 avoyce@asiancdc.org 進行咨詢。

【中青倡議】

中國青年倡議活動是由華人前進會組織的為期7週的高中生暑期實習活動，旨在讓學生學習宣傳和社區推廣。學生可在4月29日前登錄 www.cpaboston.org/cyi.html 進行網申。

【Harvard Phillip Brooks家協會】

Harvard Phillip Brooks家協會泰勒街90號的中華公所中運營各種青年計劃，包括各種青年課餘活動。

【Project Destiny】

「Project Destiny」項目是由波士頓華埠佈道會組織的為期5週的夏令營，其中也包括秋季到次年春季的課餘活動。詳情請看 www.project-destiny.com。

【王氏青年會】

王氏青年會從6月24日到8月30日止，為5-12歲青少年每星期提供10個全天候的系列夏令活動。活動同時面對初中生和高中生開放。請登錄 www.ymcaboston.org/wang。

美東國術聯誼總會春節宴會



美東國術聯誼會紐英倫分會於4月13日在喜臨門大酒樓舉行春節聯歡宴會。當晚有醒獅舞蹈、歌唱及幸運摸彩活動。（圖片由美東國術聯誼會提供。）

華埠/南灣社區議會 專注於社區事務

黃靈美報導

華埠/南灣社區議會的月度例會於4月16日在泰勒街90號舉行。

會上提交了兩個議題，麻州交通部有關擴展南火車站的演講和議會的章程修訂。

華埠潮州城停車場，鄰近Essex Street 85號，華埠安全委員會將會於5月1日對其停車場執照進行重申。

王氏青年會社區發展部主任陳

魯誠(Richard Chin)在會上聲明，健康孩子日將會於4月27日的中午至下午3時，在西橡樹街8號(8 Oak Street West)的青年會舉行。

華埠主街將會參與市長萬寧路(Thomas Menino)的「波士頓亮晶晶」城市清潔活動。屆時，將從4月27日的早上9時至中午12時，在尼倫街43號的永豐銀行舉行。

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更多關於項目發展的資訊亦可瀏覽網站：
www.ProvidenceRoadCommons.com

申請表格和信息可於Grafton公眾圖書館領取
星期一至四，上午10時至下午9時
星期五至六，上午10時至下午5時

公眾資訊會議將於5月8日下午6時，在Providence路30號的Grafton Municipal Center (Conf. Room B)一樓召開。

填妥的申請表格和所要求的入息文件必須於2013年6月13日下午2時以前親臨遞交，不接受郵件遞交。抽籤會議將於6月26日舉行（與公眾資訊會議地點相同）



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華信屋居民分享來美後經歷

謝璐報導

華信屋居民於4月13日晚，在公寓樓的圖書室分享了他們來美後的種種經歷。

新成立的社區小組『故事會』的三位策劃者：來自哈佛大學的學生游潤恬，及兩位在讀高中生陸雅婷和陸雅靜組織了本次活動，意在促進跨國文化的交流和兩代人之間的溝通。將近有20位母語是中文或英語的華裔同胞參與了這次故事會。

其中一位來自香港的居民很高興地說：「活動組織得很好，很成功。我們很高興今晚能聽到很多有趣的故事，又能玩，又能吃，沒什麼不好。」

組織者在活動開始時，首先分享了他們自己初移民來美國時如何克服語言障礙的故事，並介紹了講一個好故事的基本方法。游潤恬提示大家，故事應包括三個階段，挑戰決定、以及結果。

一位來自廣州的居民陳勤娣帶頭分享了她20年前剛到美國的經歷和對本地生活習慣的不適。她說：「我的問題主要還是語言上對食物表達的不準確。我說要吃雞他們給我一個包，問他們拿魚他們又給我一個包。」由於語言障礙，她



『故事會』的成員4月13日聚集在華信屋。圖片由謝璐提供。

很難對麥當勞的工作人員表達清楚她的意思，「這裡和中國太不一樣，在中國雞和魚都是用碟子盛的，怎麼會夾在包裡呢？」陳勤娣幽默地陳述當時的窘況。

那位來自香港的居民當晚積極地按照組織者指導的敘述方法分享了她的故事，由於故事表達完整並有其深度，最終贏得了價值10元的禮物卡。她認為她初來美國時遇到的最大的問題是自己和當地人撫養和教育孩子的不同理念。她說：「文化差異導致我們和美國人對教育孩子的方法完全不一。我還試過和麻州兒童家庭服務局（前DSS）對抗，但我很快意識到我必須尊重他們的系統和文化。」

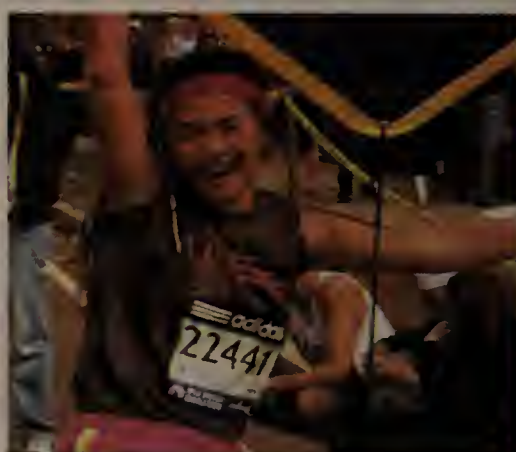
大部分居民表示雖然一開始時經歷了不少困難，但經過這些年他們已習慣了美國的生活。陳勤娣坦言：「我沒有回國的打算，在美國住得很舒服，這裡空氣和福利都好，現在自己語言也好了，要謝謝政府。」

在活動最後，一位說英語的居民分享了她對這次活動的看法：「我們應該多辦這樣的活動，互相溝通。唐人街的發展就會更好更快，我很欣慰看見這些年華裔在這裡的發展和進步，我們應該不留餘力地繼續壯大唐人街。」

那晚，故事會場面熱鬧且溫馨，華信屋的居民們充分表達了他們對本次活動的熱情和繼續講故事的願望。據悉，「故事會」小組將在4月27日舉辦第二次的交流會。屆時，交流會將有新的主題，我們翹首以待。

波士頓馬拉松爆炸 死者之一為華人學生

黃靈美報導



郭文莉（左）和翁燕儀（右）參加波士頓馬拉松，順利脫險。圖片由波士頓華埠社區中心提供。

在波士頓，4月15日是愛國日。這一天也是第117屆波士頓馬拉松節舉辦之日，陽光明媚天氣晴好，非常適合戶外運動。

可是馬拉松爆炸襲擊中死去了三名受害者，注定了這天是悲劇的一天。死者中最小的是僅有8歲的馬丁·理查。另外兩名是23歲的呂令子和29歲的凱斯涂·坎培。呂令子是來自中國瀋陽的留學生，是波士頓大學數據分析學的研究生。

超過170人因這兩個自製式炸彈而受傷。另一名波士頓大學留學生周丹伶曾一度昏迷，最終在4月16號甦醒。波士頓大學校長羅伯特·布朗事後在Facebook上說：「我們的心深切地與受害者的家屬和朋友同在。」

另外兩個華裔選手，郭文莉和翁燕儀代表波士頓華埠社區中心參

賽。爆炸發生的時候她們尚未能跑過終點，但都順利脫險。當時郭已跑25英里而翁已跑21英里。

波士頓華埠社區中心的一群啦啦隊員和一些在布魯克林的青年朋友在爆炸中沒有收到影響。

華埠社區中心執行董事Elaine Ng在聲明中說：「在這難過的分秒，我們的心和思緒都陪同著遇難者和他們的家人！」

波士頓運動協會官方報到馬拉松比賽中共有85名選手來自中國、香港和台灣，其中兩名台灣選手之前下落不明，後來成功找回，他們都沒有傷亡。

本次馬拉松比賽中，超過2.3萬參賽者，至少1.7萬參賽者已經跑過終點線了，預計當時約50萬民眾圍觀比賽。

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